BHARATIYA SATSANG

Vol. 7 1986

K. V. LIB

131086

पुस्तकालय

गुरुकुल कांगड़ी विश्वविद्यालय, हरिद्वार

वर्ग संख्या............... आगत संख्या...............

पुस्तक-विवरण की तिथि नीचे अंकित है। इस तिथि सहित ३० वे दिन तक यह पुस्तक पुस्तकालय में वापिस आ जानी चाहिए। अन्यथा ५० पैसे प्रति दिन के हिसाब से विलम्ब-दण्ड लगेगा।

Stock Verification-2024

Complete

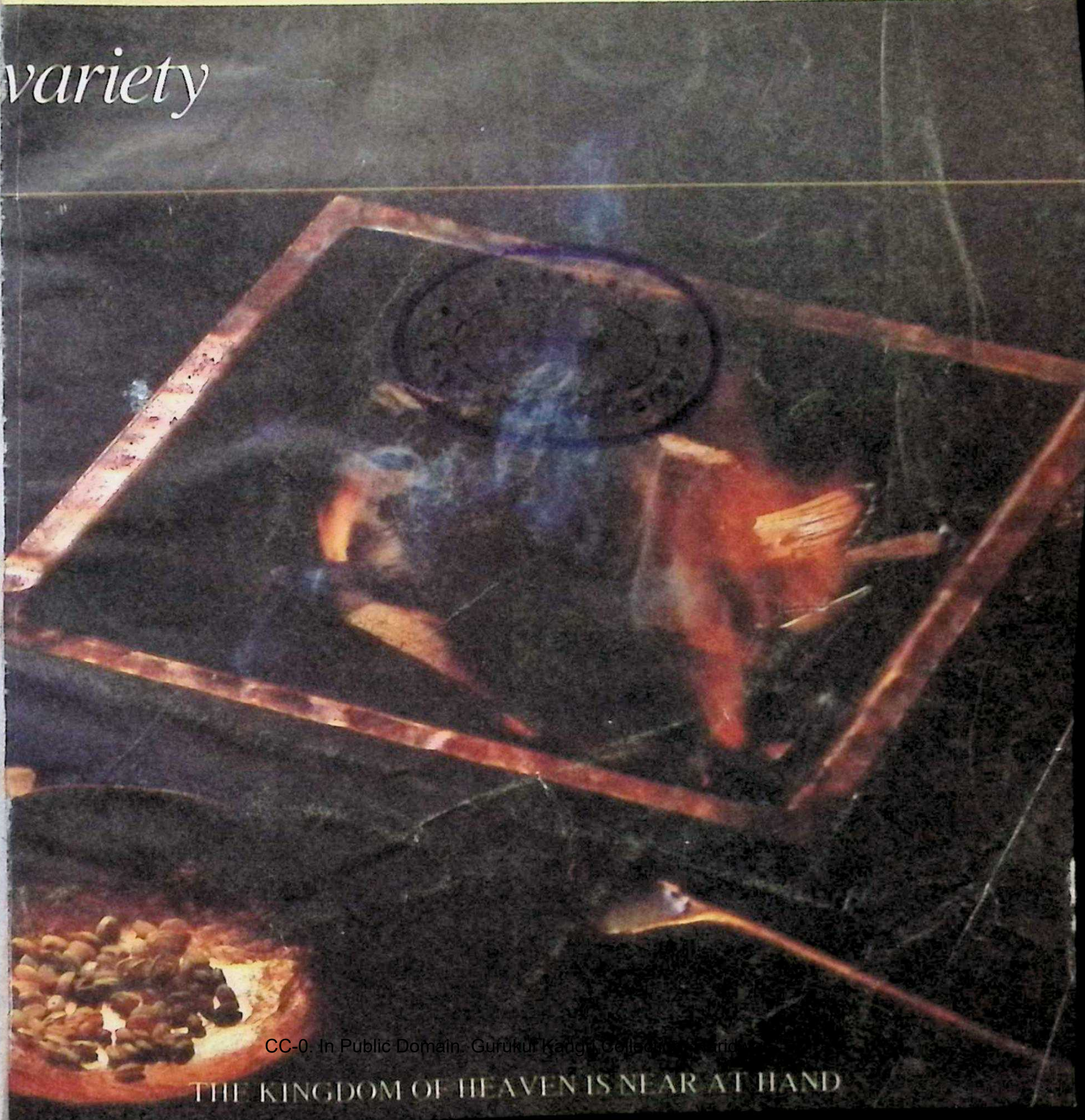
पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

Bharatiya Satsang

2/3/87

76c

June 1986 NEW ERA ● 43 Vol. VII No. 1 -12
1986-87


variety
THE KINGDOM OF HEAVEN IS NEAR AT HAND

Bharatiya Satsang

JUNE 1986 NEW ERA 43 VOL. VII NO. 1

FAMILY-A SYSTEMS APPROACH

Henry Gregory

Today's family is generally looked at from a systems approach. It is perceived as an interplay of speech patterns and collectively promoted behaviours. Any communication (thought, speech or action) by any member affects all other members of the system. Either the communication confirms or denies the values of the family.

From the sociological perspective, Agnihotra is a ritual. A ritual is an activity that a group organizes itself around. Much of the decay of the contemporary family is attributed to the decline in family ritual. Contemporary lifestyle makes the family meal, going to church together, family meetings, etc. less frequent and less effective in many of the cases where they do exist. This, in part, is because often the communication within a system is so strained from societal pressures that any activity that requires verbal communication or decision making offers opportunities for confusion.

As a sociological ritual, Agnihotra organizes the day. It provides the family the opportunity to collectively experience daily an altered state of consciousness. Agnihotra properly performed in a household will benefit all family members regardless of whether they actually sit down to consciously experience it or not. The atmosphere within the dwelling changes and thereby effects all life within.

Agnihotra is an ;invaluable aid to raising children. It calms them down. It is no accident that so many children are hyperactive today. This is a result of pollution.

Agnihotra neutralizes the effect of pathogenic bacteria. Agnihotra makes the air medicinal. Also, daily doses of the ash help children become disease resistant. The ash gathers toxins from the body and helps get rid of them through the elimination system.

Where there is Agnihotra
there is love

Where there is love
there is happiness

131086

Happiness and health are birth rights
of mankind

Perform Agnihotra for the health
and happiness of your family.

Be Still, The Answers are Ready

...By Sally

Life is a constant flow of experiences, situations and conditions over which we have perhaps little or no control. At times we may think we are controlling things. But this is an illusion which is inevitably exposed. It is not for us to determine where we will be and what will happen to us. It is up to us to decide at every turn how we can best behave in any situation we are faced with and how we can best utilize resources available to us, whatever they may be.

So often we think, "I would be happy if only..." By thinking this way we postpone happiness indefinitely. Happiness results when we learn to be at ease in any place or circumstance. This can only happen when we adopt the attitude, "Not my will but Thy Will be done", when we go with an understanding that the Divine Will works through selfless love.

Sometimes the very best thing we can be doing is simply observing or forebearing. Are we always required to be active participants in the working up of Karma? We are often called upon to silently witness. Our very presence in any situation has some influence on those present. The vibrations which emanate from our very being and our thoughts affect others at all times, both those in our immediate presence and those we do not see. One tranquil person in an angry crowd is having an effect on that crowd, whether or not we are subtle enough to perceive it. A holy man raises the consciousness of all those who come into contact with him. The world is nothing more than the sum total of the vibrations of all the beings on this planet. Each of us is a part of the whole, outwardly involved in certain segments throughout his lifetime. The best thing we can do at all times is to purify ourselves-to exemplify the highest code of living. We improve all of humanity with every step we take towards the light.

Always be at peace with yourself first. "Peace, peace be still, and know that I am God." You must establish within yourself and communicate to others that you are firmly planted on a certain pathway. If anyone wants to come along, so much the better. But, you will not be brought down to the level of a mind disturbed by passion. You must resist the temptation to get involved in emotions and gossip. Sometimes we do more harm than good by allowing another person to ventilate his passions on our patient ears when he should be reflecting instead on the cause of these passions. When we are truly at peace, it is highly contagious. When we are centered we stabilize others. Vasant has said, "We cannot be a shelter for others until we are firm in our own moorings." Resist the low vibrations of others by always keeping the mind on God, Master, Mantra. That way you help yourself and others. Be patient. You do not always see the results of your efforts. Don't look for them. Good efforts must bring good results. Don't go with a 'holier than thou' attitude. It is your duty to be loving and kind, and those who realize this are truly blessed.

We must always be prepared for the next moment by properly utilizing the present moment. Be still. The answers are ready, waiting for your mind to become a clear screen for their presentation. There is such a thing as Divine Will; and each of us, no matter how great or small, has a definite role to play in the unfoldment of this Will.

Faith is not for the weak or the superstitious. It is for those who have experienced the tranquility and the justice which reign in the higher order of things. "Thou art made in the image of thy Father." How can we feel inadequate to face any situation? It can be very lonely experience to do what we know is right at all times. We sometimes feel it would be easier to be like others, to go along with the crowd. I have often heard people say, "So and so doesn't do AGNIHOTRA and he is perfectly happy. So and so doesn't do Asanas, takes drugs, eats meat, etc." Whatever the case may be, "so and so " may or may not be perfectly happy as he appears to be. Once we have the knowledge of certain things we must decide for ourselves whether or not they are beneficial to us. If we find they are not beneficial then where is the necessity of worrying over discarding them? Immediately discard that which has not been of positive benefit over a period of time. But judge carefully, for the power of discrimination is ever active. We have only to attune ourselves by the practice of the Fivefold Path.

It can be frightening when we are plagued with doubts and emotions to act up to our power of discrimination. But, we are armed with the knowledge that we will always be given the strength to rise above personal feelings and to act upon our power of discrimination. Khalil Gibran has said, "Love and doubt have never been on speaking terms." Once we take a small step in the right direction, we are given the proper guidance and strength to reach the goal. There is another saying, "For every step you take, the Divine takes four for you." Any devotee of a great Master can tell us this. The step must be taken, however. We cannot linger a moment without action. The action may be physical, the acion may be mental.

It is friction which makes us unhappy, but paradoxically it is only by friction that we grow. We are placed on this earth because of our past actions and our unfulfilled desires. Our lives are spent in the working out of this Karma and in striving to fulfill these longings. Thus, we go from day to day seeking to avoid pain; and to find pleasure. We experience friction due to what we deem the success or failure of our efforts. It is only when we become tranquil in the face of all adversity, realizing that destiny will unfold in spite of us, that we catch glimpses of true happiness. We must learn to accept the vicissitudes of life. Until we reach that final state of perfection, we must learn to witness, without attachment, the various emotional states which pass us by. "How shall my heart be unsealed unless it be broken." Every incidence of pain and unhappiness brings with it a wealth of knowledge and understanding better enabling us to become "perfect as thy Father in Heaven is perfect".

HEAL THE ATMOSPHERE ASSOCIATION

Charles Davis

Heal the Atmospheric Association is formed to focus public and governmental attention to the effects of environmental pollution with a view to find solutions to the multifarious problems caused by pollution. We support scientific investigation and public awareness of the Science of Homa Therapy. Homa Therapy introduces purification and fumigation process related to the science of Medicine, Bacteriology and Bioenergy given through the Vedas.

We, the members of Heal the Atmosphere Association beseech the government and scientific community to divest themselves of prejudices and fears. We ask them to use their technology and know-how to further investigate the techniques and processes of Homa Therapy. Sometimes the solution to great problems comes from little-known sources. (Did not David slay Goliath?)

We are living in days of air pollution alerts when cities such as Baltimore, Maryland and Charlotte, North Carolina have been advised of breathing "at your own risk". We have noticed how Nature seems to run rampant with vicious heat waves, cold waves, earthquakes, floods, droughts and tornadoes. It is common to hear people say that they had never witnessed such extremes before.

The science of Homa Therapy tells us that any change in the atmosphere affects the mind and that any disturbance in the ecosystem terribly disturbs the harmony of the energy cycle of the planet.

We hear of people having been told to stay alert when chemical leaks filter into the air affecting all biological functioning.

Experiments conducted by Heal the Atmosphere Association, Baltimore Family Life Center and several others measuring the effects of Homa Therapy on the growth and development of plants, mentally retarded persons, senior citizens, children, the chronically ill, show a direct connection between atmospheric purification and positive life experience.

Let us all join together in the quest to have Homa Therapy investigated thoroughly. Although it is ancient it works. We seek neither name, fame nor financial gain. The truth is powerful and truth is by practice of Homa Therapy techniques. We experience the Grace of freedom from tension which is an achievement in itself.

Let us join together,
As it must be
Open up our minds
So that we can truly see
With Agnihotra fire
Tension withers away.
May this message of Love spread
May Grace be unto all.

NOW MAN HAS TO GIVE

Vasant

When western man looks at what technology has done to his beautiful planet and hence to himself he will start trembling. Insects are on the move migrating and transmigrating. Nature is all mixed up. She does not know what she is doing. A point has come where something has to give. It is man. Man has taken, now man has to give. All the nutrients and balance that have been robbed from nature must be replaced now.

We will now begin to hear reports from various parts that the simple honey bee becomes extint. Can you imagine what this will be, what this will do to the balance of nature? Can you imagine the effect this will have on crops? Terrible. Do Agnihotra and yield at least double the crops. Honey bees will thrive in this atmosphere.

Love Sprouts in Germany

Fran Rosen Sawyer-USA

Vasant is now touring Germany spreading the message of the Fivefold Path. I was asked to join him on this historic mission and we left Philadelphia for New York on January 28th en route to Frankfurt. We reached Frankfurt on the morning of January 29th. Our first evening was spent with the Metsger family in Radolfzell.

Metsgers are such a fine example of "Love thy neighbour". Werner, Erika and their three girls gather together for Agnihotra. The atmosphere is always full of Love. While we were there, Vasant had many meetings with people who knew him from last year. Many new people also started coming.

Werner Metzger has translated *LIGHT TOWARDS DIVINE PATH* into German and it was printed several weeks ago. In German, the title is *DER WEG ZUM LICHT*. Already many copies have been distributed and the message is swiftly reaching the people.

From Radolfzell we went to Memmingen where we were lent a new car by one Agnihotri lady for use in travelling throughout Germany. It was given with much love. The use of this car has been invaluable.

In the same town, Memmingen, a meeting was held on February 6th. The whole atmosphere was full of energy generated by Vasant's talk which was specifically related to modern science and the Fivefold Path. He stated that it would be the scientist of Europe who would lead the way and that in the future the scientist would have to be a Yogi. Following Vasant's talk, an elderly man came to me and said: "The language of the word are so difficult, maybe someday we will all speak the same language". What went through my mind was 'Sooryaya Swaha Sooryaya Idam Na mama' truly universal. Then he spoke to Vasant through Ello Kling (our interpreter that night). He said:

"Fifteen years ago in the factory where I worked with my companions, I told the people this: 'Fifteen years from now, great changes will happen. Germany will play an important part. People will see. At this time, it will not be possible to go a middle way. You have to decide if you take the good path or refuse it. And now the time has come."

As we were leaving, he shook Vasant's hand and said "I hope we receive God's blessings and He gives us what he wants for us." He was so happy. It seemed he had been long-awaiting for that moment.

Vasant received an invitation from a lady in Immenstadt, in the Bavarian Mountain region. She had met Vasant before only once and that too briefly. Vasant talked to a large group in this small town, nestled in beautiful snowcapped mountains. Agnihotra was performed in the warm atmosphere of her home for the first time.

Each detail is taken care of. At one class held in Fredrichshafen, we arrived and Vasant began his talk. Our scheduled interpreter found some difficulty in translating. A lady sitting next to her spoke up, "I am an English teacher and I will translate". She not only translated for that class, but waited and stayed to translate for the next class, as two classes had been scheduled in a row. Grace Alone.

People here are quite receptive to the scientific background of Agnihotra. In one class in a small village where Vasant spoke, twelve new people came and at the end of the class all twelve wanted to begin practice of Agnihotra. Many of them were middle-aged ladies. Following the class a discussion took place on the medicinal values of cow dung. Several people had actually had experiences about cow dung where a member of the family was suffering from some disease. The doctors told that there was nothing more that could be done. Cow dung treatment was given and the person survived. In several other classes, as soon as cow dung was mentioned, many agreed it was good and knew beforehand of its medicinal qualities. This was truly a rare experience.

In and around Stuttgart, Roland Geisselhart arranged many meetings for Vasant. In one week many meetings, classes and private talks were held. Gabi Meister and Roland took turns translating. Roland knew only a little English yet when he got up to translate the message was carried. A meeting of specially interested people was held at Helmut Gommel's house in Vaihingen-Enz (near Stuttgart). New teachers are being trained. Around Stuttgart area, Peter, Dieter and Siegfried are already teaching Agnihotra and the Fivefold Path. Many are beginning to practice the ancient science fo Agnihotra.

At one class held in Vaihingen-Enz, a doctor and his wife came to meet Vasant. They came to tell him that after having met him last year, they have been practicing Agnihotra faithfully since one year. The benefits of Agnihotra and the practice of Fivefold Path could easily be seen in their smiling faces.

One man, a school teacher, after having attended only two classes, requested someone to supply him with cow dung. The very next week he announced that he had found a farm nearby and made necessary arrangements. He is now supplying dried cow dung to others for Agnihotra.

A consignment of one hundred Agnihotra copper pots arrived in Stuttgart from Philadelphia in February.

Stu Masill of Agnihotra Press arrived February 26th from U.S. to join Vasant in spreading the message of the Fivefold Path. We picked him up at the Stuttgart airport. From there we went immediately to Pforzheim, one and a half hours away, where a group of over 75 people was organized and a meeting was held that evening. Vasant stressed again the message of the Vedas and how modern science is now pointing in the direction of the Vedas. Following Vasant's talk, several people expressed interest in receiving Kriya Yoga classes in Pforzheim. The caravan marches on the spread the message of the Fivefold Path.

It is all happening so quickly. The energy is so powerful; it can be seen. The time is now. We have no further time to waste. The atmosphere surrounding our planet earth is disturbed and the atmosphere in our own homes needs LOVE. Plant the seed of LOVE in your own home by practice of Agnihotra. From this seed all LOVE sprouts!

"FILL ALL THE SPHERES WITH LOVE"

YOGA ASANAS (Physical Postures)

Vasant

When Hatha Yoga was first introduced, the preceptor remarked,

"Rajayogaya Hatha Vidya Upadis' yate" (for the sake of Raja Yoga, you are introduced to Hatha Yoga).

Thus, Raja Yoga was the aim, Hatha Yoga the means.

Raja Yoga aims at eliminating or reducing the factors that cause disturbance to the mind. Inhibiting the outgoing tendencies of the mind is Yoga. The capering frolic of the mind has to be curbed. Psychology recognizes the intimate connection between the body and the mind. Raja Yoga is based on controlling the mind by strengthening the will. When this direct practice became difficult Hatha Yoga was introduced. Hatha Yoga postures are, thus, aimed at bringing about the elimination of bodily factors that disturb the mind.

In ancient days, before any Yoga posture could be taught, the student had to practice YAMA and NIYAMA. Abstention from violence, falsehood, incontinence, acquisitive tendencies, wrongful exploitation for material benefits constitute YAMA. Contentment, purity, self discipline, self study and surrender to Divine Will constitute NIYAMA. After this basic preparation, the student was introduced to Yoga postures.

ASANA, in Sanskrit, means seat or posture. YOGA ASANAS are techniques for vitalization of certain muscular groups and strengthening them. This is a step to escalate evolution. The chief aim is to prevent the flow of mind energy which is drained off in numerous haphazard bracing efforts we make to correct the faulty spinal position. With minimal energy expenditure efficient level of physical performance is thus maintained. Yoga postures bring relaxation in predetermined areas. The energy thus conserved needs to be utilized for focusing inwardly the outgoing tendencies of the mind. This is the point of rendezvous between Hatha Yoga and Raja Yoga. On the physical level one is enabled to feel the flow of nerve energy through the contracted muscular areas. To make the body tranquil in straight spinal position is the modus operandi of some Asanas. This has a beneficial effect on the nervous system. The tendency of the muscles to atrophy due to poor movements is arrested resulting in vigorous health. Our way of sitting, standing or walking becomes agile and graceful. The ability of the body to maintain relaxed equipoise is transposed automatically to the realm of the mind. Environmental discomfitures then no more disturb the adept in Asanas.

Many of the Yoga physical postures affect the endocrine system beneficially and thus promote health if practiced with proper discipline. They also contribute to the harmonious flow of nerve energy. Hatha Yoga states that changes in consciousness come about by rekindling certain dormant force that lies within each human frame. This is termed KUNDALINI. In Hatha Yoga, the emphasis is laid on cultivating a strong and agile body that facilitates the flow of KUNDALINI through the spine. In Raja Yoga, the same is achieved by strengthening the Will.

YOGA SUTRAS, (Aphorisms) of Patanjali, state that Asana should be steady and comfortable. Sitting in any Asana becomes uncomfortable for the beginner and his mind is distracted. With sufficient practice, however, one achieves this steadiness and the discomfort disappears. If the discomfort persists then we can surmise that we are not doing the Asana correctly and the matter should be referred to an expert.

When the conscious effort is slackened in maintaining an Asana we may say that steadiness is achieved. With sufficient practice the relaxation in effort is achieved and the conscious mind is relieved of the burden.

After mastering the basic PADMASANA, the Lotus pose or the Half Lotus pose, we learn to concentrate the mind on the flow of PRANA (Life force) within the physical organism. When we do this we experience an influx of dormant energy.

Patanjali states that as a result of practicing steady and comfortable Asana for sufficient duration we acquire freedom from the 'pairs of opposites'. The pairs of opposites manifest on the physical as well as the mental level. Heat and cold, humidity and dryness, joy and sorrow are some of the pairs of opposites. These dualities constantly keep the mind outwardly orientated as conditions change. It is the nature of circumstances to change and we are constantly at their mercy. Practice of Asanas relieves us from the sway of these dualities and makes the mind tranquil. Control over the constant modifications of the mind enables us to pinpoint mind energy and divert it toward the higher endeavor of self realization.

Mastery over the Lotus Pose leads to harmonious movements of breath. This is the preparation for the next important task of PRANAYAMA. Pranayama is control over PRANA, the manifestation of Life energy within the physical organisms. Control over the physical body and Prana brings about the regeneration of the latent forces and makes them potent. This is expressed in the form of strong will power. The rekindled power needs to be utilized for fruitful purposes and should not be frittered away in trivialities. This is the reason why the student has to undergo a severe discipline of YAMA and NIYAMA, as mentioned above, before he is declared fit to proceed on the path of Hatha Yoga.

Kriya Yoga is a way of life. It grants all the benefits of Hatha Yoga and can achieve the same result and even better by taking material aids handed down to us through Vedic wisdom. Kriya Yoga starts with AGNIHOTRA, the smallest form of purification through the agency of fire. The aim is to curb the outgoing tendencies of the mind. The Fivefold Path covers Kriya Yoga.

We shall elaborate on a few important Asanas that one need practice, health permitting. Asanas are, after all, only the means to an end and the aim is training the mind. The subject of Asanas should always be viewed in the context of the overhall aim. In the next issue we shall deal with PADMASANA, the Lotus Pose.

PADMASANA (LOTUS POSE)

Padmasana is the king of all asanas. Padma in Sanskrit means Lotus. The lotus takes birth in mud in a pond of water but if you spill water on the lotus leaf the water will not stick to it. It will roll down. The lesson is, "Be in the world but not of the world." The lotus pose is the key pose for higher Rajayoga techniques. It is ideal for Pranayama. Pranayama means control over PRANA, the life force. This is achieved through the manipulation of breath. Prana and mind are like obverse and reverse of the same coin. Hence, control over Prana leads to control over mind. Thus, the lotus pose is a material aid to bring harmony. It clarifies the thought process. It promotes psychosomatic equilibrium and aids concentration.

Place your right foot on the left thigh and left foot on the right thigh. The heels touch the lower portion of the abdomen. The spine is held erect.

In the Lotus Pose we lock the legs over the hips and knee joints. Thus, larger blood supply is forced into the abdomen and the upper part of the body. Practice of this pose gives the tranquilizing effect.

The Lotus Pose becomes difficult if you are not used to sitting cross-legged. Therefore, try the cross-legged posture first. Sit with ankles crossed and heels drawn in. The wrists rest on the knees. The spine is kept erect. It does not matter if the knees are raised much from the floor level in the beginning.

Then try the Half Lotus Pose. Extend both legs. Fold the left leg and place the heel as far in as you can. Fold the right foot and place it on the left thigh. Keep the spine erect. Bring the right knee as close to the floor as you can. Place wrists on the knees. After holding this position for some time, reverse the legs. Practice the Half Lotus till your knees come close to the ground.

To make the body supple for the practice of the Lotus Pose, the following three limbering exercises will help.

Exercise One: Sit with legs extended. Keep the spine erect. Place palms on the floor near the buttocks with fingers pointing away from the body. Keeping the heels on the ground, lift the right knee up and back down rapidly letting the calf and back of the leg hit against the floor. As the right knee backs down, the left knee goes up, and as you lift the right knee again, the left knee goes down. Increase the speed of this exercise, alternating quickly between the right and the left legs.

Exercise Two: Sit in the same position as in exercise one. Take the right knee up as close to the chest as possible. Wrap your arms around the folded knee, hugging it tightly to your chest. Rapidly begin to kick the lower part of the leg against the back of the thigh, letting the calf and the heel hit against it. The sole of the foot does not hit the floor. Repeat this kicking about 10 times. The left leg remains extended on the floor, and the back of the left knee touches the floor during the exercise. Practice the same way with the left leg.

Exercise Three: Sit in the same as in

SIDDHASANA (Pose of the Adept) Fig. 1

Sit in a cross-legged position with with spine erect.
Set the left heel against the perineum.
Left sole touches right thigh.
Set the right heel against pubic bone.
Toes remain inserted in fold between calves and thighs
Genitals come under right foot.
Place hands on knees.

Siddhasana aids in reducing the flitting attitudes of the mind. Good for concentration

SARVANGASANA (All Body Pose) Fig. 2

Sarva, in Sanskrit, means all. Anga means limb or body. Hence, the name ‘All Body Pose”. In English, it is many times called ‘shoulder stand’. This translation does not correspond to the true import of the Sanskrit word.

The effect on the thyroid is specially noticeable and hence, the benefit to all parts of the body.

Lie on your back with arms stretched alongside the body.
Raise both legs gradually, keeping them perpendicular to the trunk.
Big toes of both feet touch one another.
Lift legs slowly without bending knees.
Keep them perpendicular to the trunk.
Support trunk from below the hips with brackets of hands.
Look at your toes, with chin touching the chest.
Hold. Then bring legs back to floor.
Relax.

Benefits heart, chest, head, eyes, spine and the endocrine system.

Fig 1

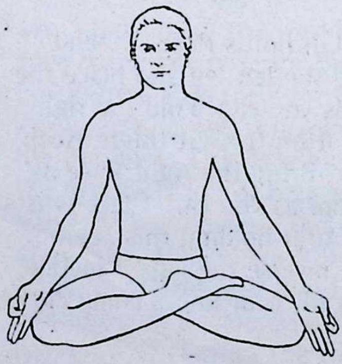
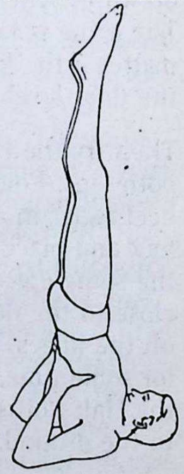


Fig 2



exercise one. Fold both legs so that the soles of both the feet touch one another. Place your hands on the knees and push them down as far as possible, and let them come back up again. Repeat a few times. Keep the spine erect during the exercise.

All three limbering exercises may be discarded when you are able to sit in the Half Lotus. They are meant to make the body supple and ready for the Lotus Pose.

Master the Half Lotus before you go into the Full Lotus.

Sitting in the Lotus or Half Lotus with eyes half closed looking to the lower tip of the nose helps concentration. This is the preparatory stage for meditation.

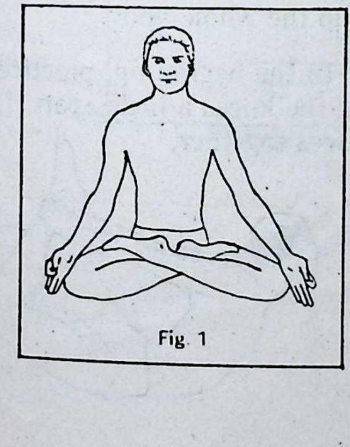


Fig. 1

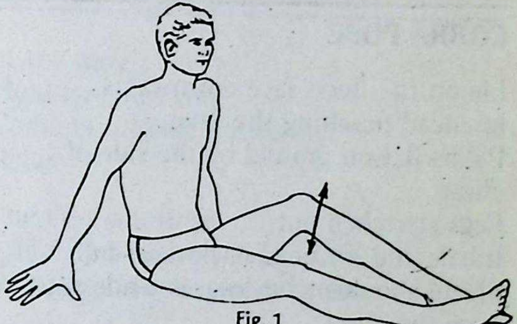


Fig. 1

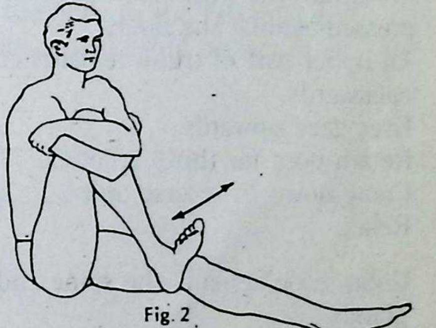


Fig. 2

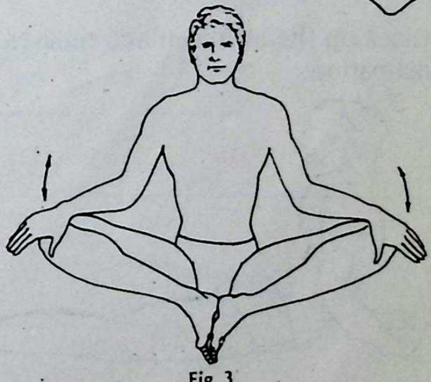


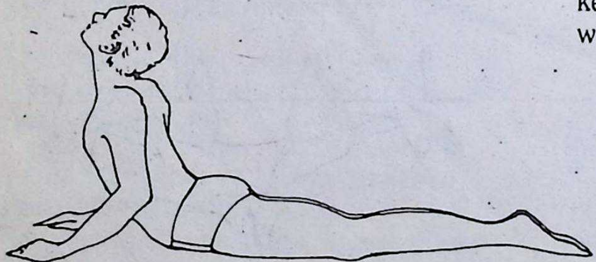
Fig. 3

COBRA POSE

Lie on the floor, face downwards, forehead touching the floor.
Palms flat on ground by the side of chest.
Legs stretched out.
Inhale and lift head backwards fully.
Shrug shoulders backwards while you raise the chest.
From navel downwards, body remains pressed against the floor.
All upper part of trunk remains curved backwards.
Eyes gaze upwards.
Retain pose for thirty seconds.
Come down in reverse order.
Relax.

Cobra pose benefits the spine and adrenal glands.

It tones up the abdomen and relieves constipation.

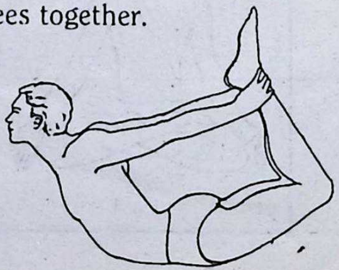


DHANURASANA (Bow Pose)

Lie on your stomach.
Chin rests on floor.
Arms alongside the body.
Inhale.
Raise head and shoulders.
Simultaneously bend knees and catch hold of your ankles.
The body forms into a bow.
The body rests on the abdomen.
Hold for a minute.
Then come back to original position.
Relax.

The Bow Pose
Firms the chest, the thighs and the neck.
Stimulates spinal nerves.
Removes constipation.
Reduces waistline fat.
Tones up the whole body.

NOTE : In the beginning, practice by keeping the knees a little apart. Later, with knees together.

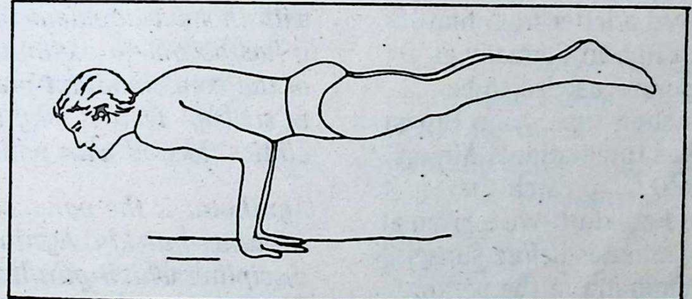


MAYURASANA (Peocock Pose)

Kneel on the floor.
Distance between the knees is about an arm's length.
Place palms on floor, with fingers pointing towards toes.
Keep forearms close together.
Both elbow joints make a fulcrum at the navel.
Stretch the body horizontally, balancing at the navel.
Hold for some time.
Come to original position.
Relax.

The Peocock Pose
Stimulates digestive apparatus.
Removes chronic constipation.

NOTE: You may find it difficult to balance the body in the beginning. A little practice will bring perfect poise.



Let Thy Light Shine

Stuart Masill

I am connected with the Agnihotra Press since its beginning in 1974. I attended the various teachers training classes given by Vasant in Randallstown, Maryland. I knew that I would have to commence teaching the Fivefold Path soon. However, I hardly could imagine that I would be leaving the United States so soon for Germany to spread the message of Agnihotra, the process of purification of the atmosphere which unburdens the mind.

Vasant left New York for Frankfurt, West Germany in the last week of January. In February, I received a letter from him asking me to join him in Germany as more places in Europe needed to be reached within a short time. John Brown drove me to Dulles International Airport near Washington D.C. to catch the evening flight to Frankfurt. We arrived at the airport a few minutes before sunset and performed Agnihotra in the parking lot. I reached Frankfurt in the morning, February 26th and boarded the plane for Stuttgart. Vasant and Fran greeted me at Stuttgart Airport and the three of us drove straight to Pforzheim where Horst Lozynski had arranged a group of people to meet Vasant. Horst and Mr. Merkur acted as interpreters for this Kriya Yoga meeting attended by nearly eighty people. The meeting was held at Mariely Altschuler schule. Mr. Krementz told the audience that Vasant had given mind training Kriya Yoga classes in many towns of Germany and the U.S.

Vasant said:
"A person who is 40 years old has witnessed the sandwiching of atomic age and space age within a short life span. These powerful ages have had a terrific impact on society. The world has changed totally in the last 25 years. However, human mind has not kept pace with this development in technology and it has become a victim of various forces of the concommitant pressures developed in society. That is why we see psychiatry clinics flooded with patients.

Agnihotra is the panacea to remedy the situation quickly. Agnihotra is a simple discipline which purifies the atmosphere. This leads to purification of Prana. This unburdens the mind."

The next day we arrived in Auerbach for another meeting.

Vasant stated:
"Vedas throw light on various sciences like astronomy, medicine, bioenergy, etc.

The useful atmosphere surrounding our planet earth is a thin layer. Any disturbance in this layer disturbs the human mind and has an effect on all forms of life. The scientists of Germany will soon start the search into the depth of Vedic wisdom. Let us keep our faith in the scientist. At least he knows what he is talking about.''

Our host mentioned that in old texts it was stated that a universal comforter would come. The time is now. We stayed for Agnihotra with the Schumacher family. The atmosphere was filled with Love. We meditated together for a while. Our hosts had a special plant garden. They were pleased to hear that post-Agnihotra atmosphere as well as the Agnihotra ash has beneficial effect on plant life.

We made several stops for meetings on the way north to Hannover. Vasant addressed a group of people practicing meditation. Vasant stated:
"What I am talking about is not new. Vedic knowledge is as ancient as creation. I have not come here today to teach you meditation. However, I have come to introduce a great material aid to meditation. It is AGNIHOTRA. It is from the ancient Vedic science of bioenergy. First come concentration and contemplation. Then comes meditation.''

Several people shared stories they had heard relating to properties of some of the organic substances used in the process of Agnihotra. Some of them knew about the use of cow dung in the treatment of some diseases. One person had experienced the healing properties of cow dung.

One person stated that the best time for clean air was sunrise according to science.

One elderly lady from the group felt the necessity of starting Agnihotra and I went over the procedure with her. She mentioned that it was great thing to purify the atmosphere.

From Hannover we trvelled south to Stuttgart. It was nearing sunset before we could enter the city. We stopped for Agnihotra in a forest. Several times in our travels we had to stop along the roadside for Agnihotra. Once we did Agnihotra under a bridge in the center of Koln. At another time we did Agnihotra in a field adjoining the Stuttgart Airport. As I lit the fire a person came and told

131086

us that the area was patrolled by police dogs and every half hour the police come around. We were further told that parking the car at that place was not allowed. However there was no time to change the place and we did Agnihotra and meditation in the field. It was the first time that I saw Agnihotra fire and Mantras being chanted while a jet plane was taking off with its shrieking sound.

After touring through a few cities in South Germany for 3 days Vasant, Fran and myself went to Wurzburg in Central Germany to give a Kriya Yoga class. Vasant stated:

"There is now a greater disturbance in society than ever before. In the beginning of the century the scientist thought that he would be able to banish misery from the planet through development in technology. However, the misery still continues, perhaps in a larger measure. The ancient science of Vedas and Upanishads gives us practical aids to get rid of this misery. We have to be full of Love all the time. All reactions of the mind must spring from Love."

After Vasant's lecture the class was full of smiles and all were excited to know more about Agnihotra and its effects on the atmosphere. All the people agreed to wait till sunset to witness Agnihotra.

Meditation followed. Vasant said:

"Believe what you experience. If you think what I talk is reasonable investigate further. It will benefit you a great deal. It will benefit others also."

In the Bodensee area of South Germany many Kriya Yoga classes are being given regularly. New classes have started.

In Memmingen, one lady who had been practicing Agnihotra for some months said "Agnihotra is a gift". The message of the Fivefold Path is felt in the hearts of many Germans fo all ages. I saw people in different age groups happily practicing Agnihotra.

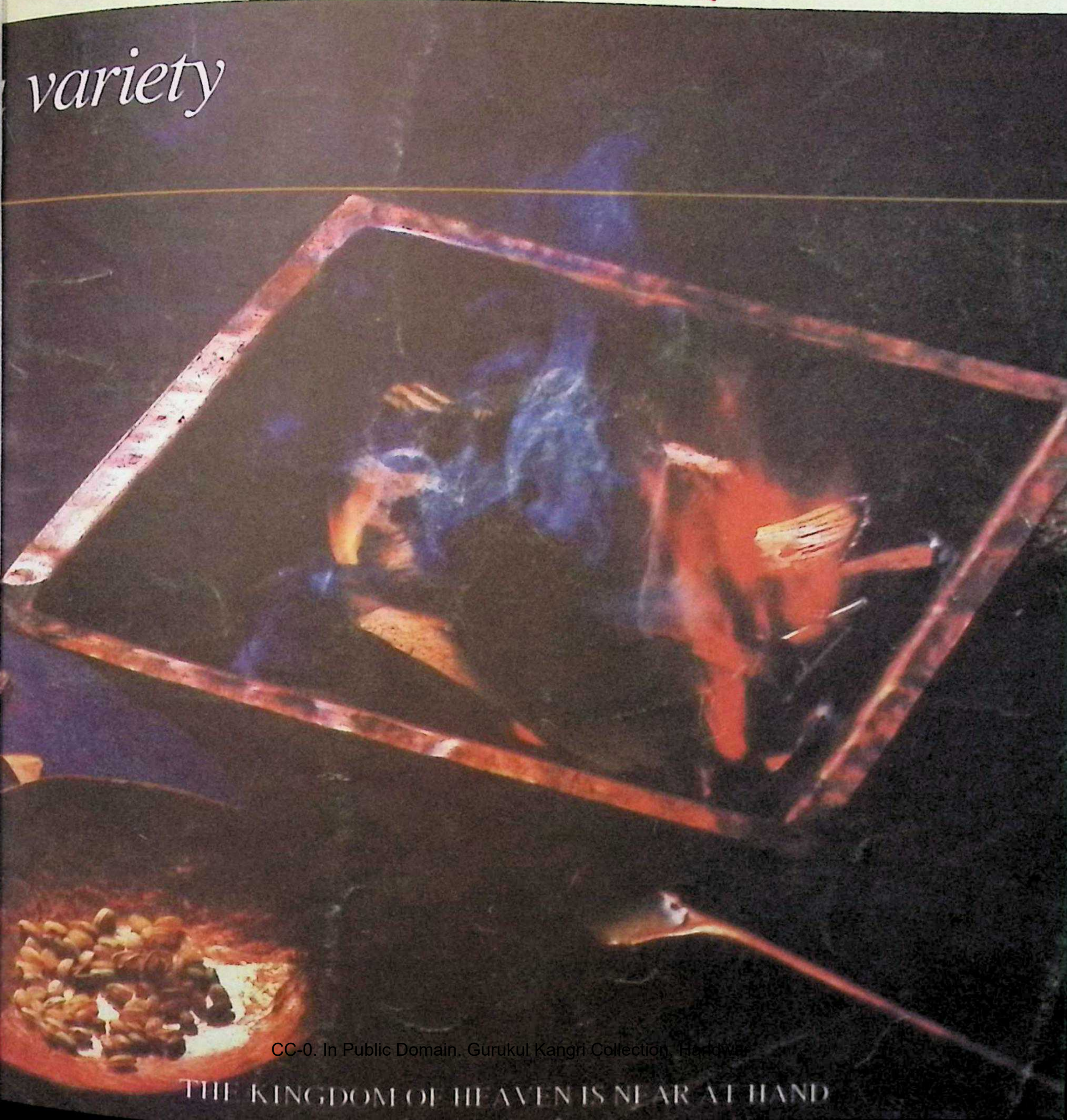
Fran and myself have been travelling with Vasant for the last 15 days. During this period 12 towns, small and big, received the teachings of Fivefold Path which is a mind training program. Our time schedule was very tight. Often we had to travel from one class to another; sometimes we were travelling for several hours at a time. Over 700 copies of the German translation of Vasant's book *LIGHT TOWARDS DIVINE PATH (DER WEG ZUM LICHT)* were distributed in these two weeks. The Divine Will is strong and with Love in our hearts the language barrier melts away.

Bharatiya Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

24|08|80

JULY 1986 NEW ERA 43 VOL VII, NO. 2


variety
THE KINGDOM OF HEAVEN IS NEAR AT HAND

Y V. PARANJPE

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

Bharatiya
Satsang

JULY 1986 NEW ERA 43 VOL VII, NO. 2

HOMA FAMILY THERAPY—A SYSTEMS APPROACH

Henry Gregory

Homa therapy is the application of the science of healing through the medium of fire. As a wholistic science it incorporates the use of medicinal herbs, Mantra (sound vibrations), biorhythmic coordination, relaxation techniques, Yoga, the creative arts, nutrition, traditional psychotherapy, and Yajnya. Yajnya is purification of the atmosphere through the agency of fire. When the atmosphere is cleansed the mind is calmed. When the mind is calmed we become more clear in thought and action. Our behavior begins to be the result of conscious effort of free will to breathe and act a certain way rather than being pushed by ill-adapted habits.

The Homa fire calms the mind. It does this by neutralizing the effect of pathogenic bacteria. Where pollution flourishes disease thrives and pushes the natural healing force of love overboard.

HOMA FAMILY THERAPY includes a structural system approach. It emphasizes a complementary balance of closeness and indiscipline. The discipline in the of clear rules and consequences is necessary to provide the framework in which the family members can discern the real from the unreal, what is beneficial from what is detrimental. This basic knowledge leads to proper direction in life and therefore happiness.

We all know that every parent wants the best for his offspring. He wants them to be happy. He knows that he must have rules and disciplines in order to help his children become strong, mature adults. Child rearing is the central task of the family. It is a combination of education and culture.

Children are obedient only when they are clear in their minds that it is their duty to do so. Force does not facilitate obedience. Only when it becomes clear that maintaining the love between each other is more important than doing or not doing any activity, can obedience and respect manifest. One of the primary tasks of the family therapist is to facilitate direct expression of positive feeling (LOVE) to the degree that it counteracts the pull toward individually inspired activity.

When love and closeness manifest adherance to discipline (guidance and direction) follows.

Homa Family Therapy is developed three ways. The first instance is when Homa is performed regularly in the Family Therapy Clinic. A relaxed atmosphere manifests in which it is easier to be in direct contact with feelings. The experience is that family members are less nervous and resistant than is generally witnessed in non-Homa atmosphere. They appear to be more quickly and more thoroughly able to tune into their emotions.

The heart of each of us is LOVE... The more quickly and thoroughly we center in this love, the faster the healing process. Once the family mind begins to assume the coloration of love, the therapist has already begun the restructuring process. Homa ushers the family mind into the giving, caring, sharing state of "Not my will, but Thy will be done." The restructuring process involves realigning speech and behaviour patterns to assure the free unobstructed flow of love. This is done non-critically to avoid injury and to maintain the Love vibration.

The second level of Homa Family Therapy develops when the therapist performs Homa burnings regularly. The therapist's mind becomes more lucid allowing for clarity in diagnosis and perception of points of intervention. As the therapist's mind calms he becomes more sensitive to the subtle nuances of family communication. Regular performance of Homa enables the therapist to be involved, giving off his own vibration of love, yet detached for objectivity's sake. It helps him to be steadfast in his positive outlook and reduces therapist "burnout". It increases noticeably his level of energy. Performance of Homa helps the therapist to tune into the depth of his own mind and more important, his heart. Positive attitude becomes more than a technique; it becomes a way of life. Truth always makes you free. Truth is always positive. It is only the pull of (distractions) personal desires and habits that makes realisation of truth difficult. The Family Therapist must help the family to act differently. Performance of Homa assures that the therapist will have a clear mind with which to lead the family to clarity.

The third level of Homa Family Therapy develops when the family performs Homa with regularity. The bottom line is that a therapist can only take a client to where he is and no further. Homa provides opportunity for unlimited growth because it opens the family to its own universal consciousness. It calms the family down .It opens lines of communication and helps members feel more secure in their own space, eliminating the need for many of the elaborate defenses that we arm ourselves with. Proper performance of Homa, from the sociological perspective, establishes a nourishing for the family to organize itself around. Imagine a family sitting together everday at sunrise and sunset around AGNIHOTRA fire (Agnihotra is the smallest form of Homa). They unite as they collectively experience an altered state of consciousness. Gradually the children become more calm and arguments lessen. The security and strength provided by the Homa fire heightens their confidence and role competence.

The systems approach to family work makes it clear that it is difficult for isolated family members to change without support and corresponding change from the entire family. Joint performance of Homa, even without considering the mental benefits, is a major structural change in the family system.

MESSAGE OF LOVE SPREADS TO PRISON

Norma Ford

After several meetings with the Chaplain at the Maryland State Penitentiary in Baltimore, we were granted the privilege of taking the message of the Fivefold Path to the prison. Fred and a small group from the Baltimore Fire Temple were permitted to attend the regularly scheduled Sunday worship service at which Fred was to speak. The service was attended by approximately 175 inmates from the Baltimore City Jail and the State Penitentiary; present also were a few prison guards and officials.

The message of love and truth was received enthusiastically and eagerly by a group of men who hung on to every sound of the hope being transmitted. This is what they heard.

"The kingdom of heaven is not some far off place, but rather in each one—in the heart of each of us. All that is needed is the key to unlock the kingdom within. And at the time of birth into human frame each is given all that is needed. We have only to make a start—turn to the task."

The men applauded and called out affirmations as they heard the words, "Jesus, Son of God, taught that all men are sons of God. He taught further saying 'what I have done all men can do and some will do even greater things than these'. You are men. You are the sons of God. Make a start—make a beginning!"

In an atmosphere charged with hope and the power needed to bring about change the group was advised that he who would change "the system" must begin with the basic unit of change. We must begin with ourselves. We are agents of change, so the work must begin with ourselves. We are agents of change, so the work must begin in us. All were reminded of basic laws—not man-made laws but the greater laws which all people affirm—The Eternal Principles.

It is a certainty that the law of "Reap as you sow" cannot be circumvented. It is constant and it applies to all. We must, therefore, do only those actions which we wish to come back to us. Lust, greed, pride, and anger can be and must be stopped. We are tired of being pulled and dragged by the passions. We are bent under the weight of an ounce of pleasure for a pound of pain. There is no way out of this dilemma but to stop these passion driven thoughts and actions. There was laughter when the group was asked, "Why do we continue to get angry all the time? All of us know too well that a display of anger is about 75% pretense and 25% reaction to the fear that others might be watching." We must not continue to steal from and do unkindness toward each other. All these prctices must end and be replaced by a new set of practices beginning now.

"To begin the work, a neutral zone must be established. We need a space in which the journey inward can take place. This zero zone can be established with meditation. Once begun, it is to be practiced each day at the same time."

The men were then given specific instructions on body postures, eye focus and breathing as necessary preparations for meditation. We experienced some brief meditation. A blessed calm filled the room, binding each one to the peace for which he yearns. As the service was ending, many came and bowed at the altar, renewing openly and tearfully commitments to live the perfection which exists in each one. The men were told that as soon as the arrangements can be made, a program of meditation will be conducted at the penitentiary. All left the service with the assurance that if we begin practices in earnest and practice long enough, a magical transformation will occur and the joy we dream of will be ours.

(US Satsang vol. IV)

WALLS DO NOT A PRISON MAKE"

Merle Venture

"Sit so that the spine is straight; plant the feet flat on the floor; focus your eyes on the nose and concentrate on your breathing." A miracle occurred when these simple instructions culminating the message of love and hope created a transformation, not less than astounding as they were delivered during chapel service to some 175 men incarcerated at the Maryland State Penitentiary. Men clothed in illfitting, dingy-white, rough-dried coveralls, who in the short hour before, had shuffled listlessly to their pews in the spacious and sunlit chapel, listened spellbound as Fred told them that just being born in a human body qualified them to attain the highest goal of life. He told them that though they were there for the violation of various man-made laws, the highest crime, the real crime was to take humanity, the prize of creation and turn it in to a garbage heap. He further said that heaven, contrary to all they'd heard about streets of gold in a far away, hereafter place, was, in fact, within each one—here and how—attainable by all by a few simple practices associated with the FIVEFOLD PATH. These practices, done consistantly, would enable them to assume mastery of the rampaging passions that caused them to be the willing victims of lust, anger, envy, and greed.

During the singing of the final hymn, six to ten men, some blinded by tears, approached the altar to affirm individually the universal tendency of man toward perfection. Before we left, Fred and those accompanying him, were thronged by men expressing gratitude, love, and questions of when return visits would be made so that they could learn more.

This visit marked the first in a series of planned visits to penal institutions in Maryland to spread the message of the FIVEFOLD PATH.

(US Satsang, vol. IV)

FROM EXPERIENCE TO BLISS

Lisa Powers

In teaching the Fivefold Path we teach that it is the way for "all the joy and all the bliss". This can come in many ways.

Through the practice of the Fivefold Path all the loose ends and fragments and mysteries that are a part of oneself become merged into the whole. This happens through knowledge given by SHREE. He places us in certain circumstances so that we can learn through experience. The knowledge gained through experience sheds light on various weak points in our understanding. It is beyond our power to arrange these experiences ourselves; this is an aspect of Grace.

Sometimes these experiences can appear extremely adverse to an onlooker. Our plans may not come about in spite of efforts. However, the experience is for you and knowledge gained is of far greater value.

These Karmic events shoud be viewed as preparation. If we use the knowledge provided by experience we grow and the time and energy spent in the experience has not gone to waste.

What is a good or a bad event? That which is considered pleasurable by worldly standards is many times an obstacle to spiritual growth due to attachment. A seemingly negative circumstance can be an important lesson or opportunity for spiritual growth. With our limited understanding it is really foolish to think we know what is going on. The Divine works in mysterious ways. Our guide through MAYA (illusion) is the power of discrimination which points out the right and wrong in our journey. It is SHREE'S voice telling us the safe route to follow.

What is the joy and bliss we are looking for? It is not dependent upon material circumstances. It is a state of the mind. It is consciously experienceing His Love and knowing that under any circumstances HIS LOVING EYES ARE UPON YOU.

(US Satsang vol. IV)

AGNIHOTRA

By Jim Caliandro

(Jim, age 16 years, is a high school student and has been practicing AGNIHOTRA for the last six months.)

AGNIHOTRA is a process of purification of the atmosphere and consequently purifying the mind. Through the process of purification, the mind is unburdened and you feel free. The PRANIC (life-force) content of the atmosphere is affected and this has a positive effect on the mind.

The only way for life on our planet to run smoothly is for people to "Love Thy Neighbor as Thyself". But, this is not so easy when one is angry or uptight and full to the brim of life's burdens. AGNIHOTRA helps to lift burdens, making it much easier to love thy neighbor.

Happiness is what everyone is striving for. When the mind becomes refined, things in the everyday world cease to disturb you. This is not mere wishing; it can be tested through personal experience. AGNIHOTRA is related to the science of bioenergy, where psychiatry, biology, chemistry and medicine meet. The psychiatrist searches for methods to create a happy person and have him stay that way. But, he overlooks the fact that atmospheric conditions have a strong effect on states of mind. Science is proving that a polluted atmosphere causes arguments and many other forms of disharmony, whereas a pure atmosphere causes cheerfulness. By neutralizing harmful bacteria in the atmosphere, AGNIHOTRA fumigates and disinfects the area, leaving to toxic effects.

If you are happy, you make others happy. If all is fulfilled from the worldly standpoint, you are able to concentrate on higher things. AGNIHOTRA helps you and your fellow man by unburdening you so you won't burden him.

I AM

By Dr. F. I., W. Germany

I am a human, the bearer of a name. I must strive and work for my livelihood. I must strive, manage and devote myself to the material and spiritual progress. In this endeavour, I can be disturbed and molested by many kinds of discords, dissensions. In this materialistic world, I am the maker of my happiness. I know that there is a Divine Creature whom the humans serve. But where is God when I think of the many difficulties, the wars and the cruelties in this world? The uncertainty thereof forces me to master my destiny.

We know these thoughts and speeches of the "I-Men". They live in the outer being and perceive nothing and do not wish to realise the Inner world, their Real World.

The question pops up : Why the two thousand year old Christianity or the older doctrines, the different religious faiths all over the world, could not convince man that his materialistic exterior life stays not often in harmony with the interior spiritual life, and therefrom originate the many difficulties in the life of the mankind?

As an answer to this very old question, one can motivate that man is created on the grounds of his conferred-upon life-destiny. The Christian teachings call it "Fall of Man", his entire development, history, destined-fatebound life.

The outer life must occupy him so much in order to subsist and there is no dedicating his inner life. The story about the flood of sins in Christianity, in its symbolic language, may utterly destroy this sinful character of man. The events of Sodom and Gomorra employ themselves with this problem. In the Christian doctrine the sinfulness of mankind can be accounted for on the grounds of his exterior "I", egoistic selfish life. The common knowledge of modern times about the physical and psychological man springs up with more optimistic thoughts for the "sinning, erring" men. These "Non-religious" understandings will bring about, hopefully, a greater section of mankind to meditate or think over the problem "Who am I".

What does the scientific knowledge teach us?

The human being exists in the frame of laws of nature, a being, consisting of energy-vibrations. His entire life is a composition of positive and negative, higher and lower vibration rates. These vibrations manifest energies which are his life and which form his life. Human thoughts generate vibrations which today can be made visible on machines and can be investigated. These grow as energy streams in combination and the energy pattern can have harmonious or disharmonious effects. Thus one speaks about ill health or health.

These streams of thoughts pass out, the laws fo repulsion and attraction are modified, subdued and bring about harmonious or dishormonious patterns of relations with other people.

We can look at heredity in this light. The hereditary tendencies are the form-constituents of character and can be likewise effective in the future life. These come from the past over to the present into the future of a human life and help form his destiny.

If we pursue the matter about the above indicated meaning of the "energy-streams" still further then it follows that we must be attentive to the higher spiritual streams, which influence man.

The spiritually developed man knows that he lives in the Divine Life Stream, that this exercises a great influence on his inner functioning and transfers itself on to the outer body.

The not so spiritually developed man does not know the Divine Life Stream, lives in such a way that the exterior influx on the body predominantly influences the inner functioning. He lives from outer to inner; the other lives instead from inner life directions and must therefore be different. The former brings varied discords and near temporary contentment.

As the spiritually oriented man lives more and more in the harmonious Divine Being he can shape his external life to become harmonious. The few disharmonious appearances spur him to improve his spiritual capability and to strengthen his spiritual energy streams by properly utilising his free will. Simultaneously, such persons receive help by the activities of the invisible spiritual Master who orientates them to the higher spiritual streams from his

Master and to realise while the spiritually not so developed man does not perceive these streams. The man, in union with his Master, feels this union simultaneously as Love and Grace. His exterior life manifests Love towards his fellowmen to whom he feels bound by spirit of service, as his brothers and sisters.

Such a person is no more than "I-man"; instead, such a one lives in the Divine Life Stream and operates with it.

"IN HIM, we are and we work"—says the New Testament. The man has as if become one with the Divine. He lives with Jesus, the Christ and says "I and my Father are one. All that I do, the Father does it through me". He has given up his "I", ego. He knows "I am that I am and besides me there is nothing".

When the spiritually developed man tries to say to himself with Christ "I and my Father are One" it does not mean that he equalises himself with God. He only means that he becomes a clear channel for God to work through him. He has abandoned the ego bound life. He speaks by the 23rd Psalm :

"The Master is my Shepherd."

(US Satsang, vol. IV)

THE PATH OF HAPPINESS

Jay Kuzminsky

"Seek ye first the Kingdom of God and all other things shall be added unto you." (Matthew 6-33)

There are so many things happening to each and every one of us in the fast pace of the world today. Everyone wants happiness and we see people doning so many things to find happiness. Is there something we can do to be in the constant state of happiness, a state which is not followed by unhappiness? The answer is follow the Fivefold Path. Agnihotra is the superb antipollutionary measure which gives a push to the mind. It leads to mental peace and material fulfillment. The message of the Fivefold Path was reiterated by all the prophets. The aim is "Not my will but Thy will be done"

(US Satsang, Vol. IV)

LOVE IS FREEDOM

Fred Clifton

LOVE is our freedom and yet it is the golden thread which binds us one with one, one with all, all with all. This mystic cosmic circle dances ever before my eyes. This vision is Fred is reality. To reconcile all to all, to bear witness in a living, growing redemption that transcends all division, even death, that is what He has called forth here.

Sometimes I feel it push against the skin like the flood waters against a wall, threatening to break into the infinite beyond and seek its eternal home. Then sometimes in a flash the inside becomes the outside. Eternity comforts the moment. The drop absorbs the sea. Lightning. Thunder. A blaze of summer sun. Sigh.

The ground of distinctions has been lost. Him, Him Her, Them. All the same.

The LIGHT speaks into the darkness. The darkness knows it.

The markings on this trail are distinct. His footprints leave a Divine trail. The footprints are His presence. What is here is He. What appears here is not.

He has fixed it with these dreams and visions and these earthquakes in the body. He has turned this world upside down and shook out its pockets. He has prepared a table for his Enemy. He has announced a wedding.

The Lord is the shepherd and the sheep. This calling is not a work required of us, a task. It is an inspiration realized, a breath becoming life.

A history of love is being written with living words. That is the service required by Eternal Law. Our joy is to be for each other. Such is the supreme service, for to be in fullness is to be perfected in yielding to the inspiration.

How delicious is this impulse to goodness. How sweet. What wonder the heart evokes. No extent of malice is impervious to its commanding invocation. Oh, listen to the doorman to the Kingdom within. Hear the stories he tells.

We 'see' differences but what difference does it make? Truth is not a matter of idea or ideology, of what we think or think we think. In truth, the differences that we 'see' are not even a matter of character. There are no good guys or bad guys. Everthing depends upon and is the mode, extent and intensity of the integration with the One Great Life. Everything affirms this Life in its own way. Let us sing it, accede to it, acknowledge it, love it, surrender to it and obey it. Away with all imagination.

The golden cord is the Plan. It that too much to say? Surely no.

So it is Life always and that which gives it birth, Love. Or it is Love always and the form it takes, Life.

"FILL THE SPHERES WITH LOVE". Oh my Lord, a commandment is uttered.

Come children. The sea is calm at last. We should walk across now as He has shown us.

(Let us train the mind to react with LOVE to each circumstance in life. This is proper utilisation of Free Will. This is the silken cord which takes us above the pangs of destiny. Love is the most powerful energy that purifies. The feedback goes from mind to atmosphere and vice versa. Agnihotra is a material aid to bring about this. LET US FILL ALL THE SPHERES WITH LOVE. Editor)

(US Satsang, vol. IV)

FROM VASANT'S PERSONAL TALKS

Time has come for all people to come to know their fate. This is the great time so prophesied by ancient saints and seers. NOW it has come. A new era dawns. Do not care to amass posessions. Care for what little you have. Utilize all your ability and intellect. Waste no more time on trivial things. Awaken now. Things must be done.

Tomorrow is always a new day. If you make a mistake take heed, learn from the error and try not to fall into the same trap tomorrow. There is always time and room for improvement.

Keep strict silence every morning. Before you go to work keep silent. If it is necessary to answer a phone or answer quickly then do so and resume silence.

Influences such as friends and family should not deter you from your path. Become an example before them. Do not allow their objections to offend you. Be full of love and they will come to realize the changes in you as they unfold.

Do not concentrate on the negative aspects of people. Concentrate on positive. In discovering faults in yourself let that not deter you, let it inspire you. Make the effort to rid yourself of your faults and you will be rewarded with their gradual disappearance if you practice your disciplines faithfully. Everything depends on your own efforts. You can be given one hundred indications in dreams and visions but if you yourself do not make efforts to follow them progress will be dulled.

Concentrate during your meditaiton. Strength will come particularly at those times.

Wanting sincerely to try to better oneself is the first step to self improvement. If that desire is not there nothing can come but if there is some quest of truth about oneself then a way is always provided. I'm not saying that this way will be simple but it is given in any case. Many people are suffering and to the best of their knowledge have NO WAY OUT. Their situations are 10-20-50 times worse than yours and still no answers are there for them. Be always grateful for all that is given to you.

If he makes an effort to leave this pot smoking it will serve as a catalyst in

---

everything. This should be told to him. It will help him to do this and in turn help you.

(US Satsang, vol. VI)

FROM VASANT'S TALKS AND CORRESPONDENCE

Teaching children is not performance. It must be done with all humility. When you allow yourself to be free of thoughts you see how beautiful it can be. That is something you must strive for more and more. Do not think negatively. Devote your time and energy to the task.

Just do the work allotted to you and the rest is simple. You are given glimpses of strength. Do not lose them.

Because of your good Karma your work was told to you. Just do that work and everything comes.

Nothing is dependent on you. Know that He who has sent me has power to do all He wills. When you are given blessings the work will be done.

I can give you all opportunity but I cannot give you devotion. It must just follow from the heart. It has come to you but you cling to all else but that. All else is false. A devoted thought sees only purity in the Master and only questions her own mind how she can better serve Him. Never, how "He can serve me?"

Kingdom of Heaven is within you. You need no pass, key; only Love.

Shree has control over all the atoms of the universe.

Today is a special day. You will be given much light if you try from this moment. Only Mantra. By attention you can rise quickly.

Do not think what could have been or you will lose what is in your hand.

No time to lose, my blessed child. We give you strength. You will come up. These habits can go in hours. Only thing, you are His instrument. You do not know what Grace is upon you.

I am with you. You must be strong. In a short time something very beautiful to come to you. You must have no fear.

You do not have to feel love. Just think of Shree. Blessing comes.

Do not worry how this plan will unfold. You are being lifted from what could have been extreme suffering. Surrender to His will. When that attitude is there everything comes automatically and you are filled.

You will be saving others from disasters. Forget the past totally. You are given a new beginning. It is all in your hand like a dried leaf that blows into your hand. Take it like that. The more work you do the easier it becomes. His Grace is unfolding all over the planet.

If you had faith you would say "Thy will be done" but you never say that. The world cannot change to suit you. You have to change now.

You are falling into traps set for you by your own ego.

In all the world I tried to protect you and defend you but there comes a time when the child must stand alone. Do you think I enjoy watching my child fall? I give you my hand. I am always with you. You have thrown away hundred chances. Now you take one small step and I will see you get another chance.

When subtle link is given it is to be guarded by iron will. A subtle link has again been created betwen us.

You are shown glimpses. You become devoted. Then you fail into the trap of past experiences. So, the strength you get from a glimpse, try to hold it and come up.

Your own ego was your downfall. You only feel sorry for yourself and not for all the others who helped to lift you up. You are so full of ego, it will take some time to iron out the creases the mind has created. Make a new beginning.

You can prepare the ground for your brothers and sisters to come. You can lay the tile upon which they will walk. You can clean the land upon which holy angels will be delivered, and in the process of becoming one with Him, you will be lifted again into the dance of love.

We do not want those who will not follow. If you have one ounce of faith in Shree that is all that is required. You need worry about nothing. Try with all heart. Tears like this will not be tolerated. You cannot use any one of our people as a toy.

I will tell you, today, I am deciding what to do. All will be done out of purest of love for you and for all. You have kicked me enough. Now take this opportunity to rise like an angel and you will, if you will try. No other thought but Shree. Take the hand that held you and soon you rise. Light will just flow from the eyes. You are still so Divine in my eyes. Come up. I love you so much my child.

You want promises but it is not that way. You cannot be told any more, you have this if you do this, You will be like a light and a shelter to others but no guarantee will be given. Do you expect to hold back the world? Who are you? Out of love I tell you, surrender to His will. Make every effort to become stronger. You can rise so much higher to a beautiful life.

If you keep thinking of past you will never get it. Something you have been told; there is no chance at all for you to be with... Then you give up your love. Love is not for chances given. Love is to be given and you ask for nothing in return.

Shree blesses you for any work you do, anything. If you want to teach animals Agnihotra you have the blessings. Anything you try you are blessed for but that special work for which you were born you will have to work untiringly with devotion.

We come to deliver and not to enslave. We come to bring love and light. Lift one hand and we carry all the rest. All burden goes. Come home my child.

You cannot make a fool of me. You cannot mock the Fivefold Path. When you feel guilt and regret then you take it out with anger. Remember you are given the chance to lift others because you are blessed you are blessed so highly, but you have such ego and you do not repent. Only now and then you do when repentance suits you. How can you destory yourself against all our love and guidance? We will never leave you. We will give you always blessings.

People are suffering from nerves and dispair while you have the blessings. You have taken so much light from others even in their own pain and refuse to give light saying "I do not feel it". When told you feel love you scoffed at it. The minute you take one step Shree is there with blessing hands.

However, you care about not one and you do not care either about yourself. Now come and sit before me. I am doing the best for you.

Do not regret; Repent. Come down on your knees and repent. Surrender your will, you ego, all your burden at His feet. Do you see how it is?

Time was not created for you. When you are given gifts of love and you refuse them again and again what can we do? Your want to live constantly in the past but it will kill you. You are not at all strong. You are weak of your own choice. You are of pure heart. Do you think we would ask you to serve us? We need no one. You are asked to walk one mile and you will be lifted. Then you are asked to crawl and wings will be given.

Time is crucial. This work must be done. Work as if you had to escape from a building on a fire, and it was your only way out, only way out.

You suspect everyone of tampering with your mind but you do not suspect that it is your own mind.

Practice AGNIHOTRA
for purification of the atmosphere which leads to unburdening the mind.

Practice DAAN
(sharing of assets in a spirit of humility) for reducing attachment to worldly possessions.

Practice TAPA
(self-discipline) for fruition of they affirmations.

Practice KARMA
(good actions without attachment to the fruit thereof) for self-purification.

Practice SWADHYAYA
(Self study, Who am I?) for liberation.

This is the Fivefold Path. Start the spiritual discipline today. The span of life will not be extended. What is given unto you is to utilize wisely every moment of your existence. Let us engage ourselves in meritorious deeds without expectation of reward in the form of name or fame. We can live only in the present moment. The past is no more. The future is yet to be. Do not waste the precious moments in trivia.

Practice the FIvefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or an agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based on biopsychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Fivefold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

(US Satsang, vol. IV)

AGNIHOTRA SPEEDS UP HEALING

Vasant

Purification through fire has a deeper effect on the human body than can be researched on machines. The effect of pufification goes deep. It is so subtle, it is hard to measure the exact proportion of diseased cells which can be cured, brought back to a healthy stage in a short time. Considerable bodily changes naturally take time but practice of AGNIHOTRA speeds up the process.

Studies will show in next year alone debilitating effect of atmospheric pollution on children. More and more so called mystery deaths, unknown diseases will be recorded. It is terrifying. People do not realize. All too late they come to their senses. It is nearing that time now. It is time that scientists investigate the efficacy of Homa Therapy techniques and co-ordinate their efforts to benefit all mankind.

Flora and fauna changing. Agnihotra ashes which have great therapeutic value have to be introduced into the water resources of this planet quickly if they are to be spared irrevocable pollution. It must be done on a large scale.

Insects are now becoming man's deadly enemy. This was told a long time back. It was predicted for this time. New insects, rodents will take over in some places. All this is tied with law of Karma that is 'reap as you sow'. Homa Therapy farming techniques will help us get out of this rut. Homa Therapy helps re-harmonize the energy cycle of the planet.

Bharatiya
Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

24/1/87

AUGUST 1986
NEW ERA 43
VOL VII, NO. 3

THE KINGDOM OF HEAVEN IS NEAR AT HAND

ABHAY V. PARANJPE
Fivefold Path Publications
Shivapuri Akalkot (413 216)

Bharatiya
Satsang

AUGUST 1986 NEW ERA VOL. VII NO. 3

(Following are extracts from Vasant's writings in Satsang *which constitute the basic knowledge about* Homa *Farming as given in ancient Vedic science of agriculture.* Yajnya *is a technical term denoting the process of bringing about a beneficial change in the atmosphere through the agency of fire. Here the words* Homa *and* Yajnya *are used synonymously.* Agnihotra *is the basic* Homa *tuned to the biorhythm of sunrise sunset. Based on these excerpts* Homa *Therapy Farming is now practiced on all continents.* Homa *Therapy Farming teachers are available to teach this science in most of the countries.)*

Effect of HOMA Therapy on Plant Functions
Effect on Reproduction
Effect of HOMA Therapy on Plant Structure and Physiology
Effect of HOMA Therapy on Crop Yield
How HOMA Therapy Helps the Environment
Effect of HOMA Therapy on Soil
Effect of HOMA Therapy on Insects
HOMA Therapy Farming Practices
About Agnihotra

Homa Therapy Farming

Effect of Homa Therapy on Plant Functions

When Homa is done in the garden or under a tree the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can easily be shown to someone by a botanist who may choose to study the subject.

Homa atmosphere, especially that of this concise Agnihotra, acts as a catalyst on plant metabolism, causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant health and allowing it to more efficiently blend with the ecological balance of things.

The root system of a plant is like *Nadi.* It draws its energy from a source and if it has developed properly, it distributes the energy and nutrients throughout the plant permitting harmonious and equivalent growth. When Yajnya is performed properly it helps carry the nutrients equally throughout the plant by vascular system. It does the same things to humans on the subtle level.

Effects on Reproduction

Some fruits begin to increase their reproductive cycle if Agnihotra is performed in proximity to where they are grown. A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science perhaps does not lay so much stress on atmosphere but it is one of the biggest factors due to the oxygen recycling system. Also if the atmosphere is filled with nutrients the plant becomes especially happy when this is done by Yajnya process. This helps increase number of seeds, number of fertile or potentially fertile seeds germinated. Also period of germination is helped and the quality of pollen produced is improved. Whole of reproductive cycle of plant is benefitted by Yajnya atmosphere.

The whole of ecological system is changing. The reproductive cycle of plants is changing. This affects the bees and therefore their ability to perform their role of pollination is inhibited thereby affecting adversely the ability of plants, especially certain vegetables to yield and propagate.

Effects of Homa Therapy on Plant Structure and Physiology

Subtle energies begin to have more obvious effect on plants now. It can be easily recorded if some scientists want to put their minds to it.

Plants grown in Yajnya atmosphere evolve networks of veins that are cylindrical and larger than normal permitting water and nutrients easier movement to all parts of the plant helping growth and reproduction cycles. Also, it helps in production of chlorophyll and plant breathing thereby helping the oxygen recycling system of nature.

If slides are prepared they will show the difference in cellular structure in plants bred in Yajnya atmosphere as compared to those which are not.

A change in nuclear structure in plants due to pollution makes it impossible for humans to extract nutrition necessary to survive unless plants are grown in Agnihotra atmosphere with Agnihotra ash. Then the plant defies changes and maintains its place in the balance of nature.

Pathological structure, nutritive structure of plants are changing. By practice of Agnihotra much of nutrient, taste and above all a new highly beneficial ingredient, are packed into a small area giving both satisfaction and health—satisfaction in the sense of quality and quantity. The taste, texture, color, size of kernel which is the seed become excellent.

The root system in plants changes due to Yajnya atmosphere. Roots stay small and less troublesome due to the extreme quality of nutrients the plant extracts from the soil.

A new phenomena in Homa Therapy Farming with respect to soya bean crops. It will be beneficial to farmers and gardeners to set aside part of their planting area for soya beans where possible. When using Homa Therapy Farming techniques a strange situation occurs with respect to the pathological structure of the legume. A chemical reaction occurs whereby antibodies are introduced into the body by the ingestion of soya beans that will help combat severe diseases, some of which medical people are aware of and some of which are yet to occur. This will only occur where Homa Therapy is used and it is given by Grace.

Effects of Homa Therapy on Crop Yield

When growing plants in Agnihotra atmosphere do not necessarily expect the plants themselves to become large; instead observe the size, quality and appearance of the vegetable, fruit or flower. All the energy of the plant goes towards yield as by performance of Yajnya we make the plants happy.

Energy patterns of plants are arranged in such a way that when Yajnya is performed the injection of nutritional content into the atmosphere helps shape and mould these patterns harmoniously so that the result is fantastic yield and excellent quality. Agnihotra is the smallest form of Yajnya.

A strange phenomenon occurs when plants are bred in Agnihotra atmosphere. An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is performed in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is given by performance of Agnihotra in the area. This gives the plant the ability to maintain maximum growth and yield levels. At the same time a feedback of Love is given to the area helping to negate the effects of thought pollution.

Fruit which grow on trees will yield fruit double the size and with twice the meat if Agnihotra and Yajnya are performed regularly in the orchards. Orange would be a good fruit to begin with as it will quickly, almost immediately, give results.

Tangerine or orange trees will show good results with Homa experiments. It will be easy to see quickly with either of these species. Pear trees will bear sweeter fruit in Yajnya atmosphere.

How Homa Therapy Helps the Environment

The principles of life must be restated now on this earth. All life must be made aware that Yajnya is necessary to survive. We withdraw nutrients from the environment. They must somehow be replaced. Yajnya is the means.

Elements begin to change. Somehow due to a magnetic like pull set up where Yajnya is performed the elements required to make certain life sustaining essentials are again attracted to the planet by manifestation of some other mode of transference. Even some may come from other planets.

The whole earth has been robbed of its elements by pollution. How to replace these things which are vital to all life? Yajnya is the only way.

The earth is wasting away. Yajnya is the only way to save it.

When Agnihotra is performed there is some sort of turbulence of electricities

5

Through the implementation of Homa Therapy farming practices high yields of quality crops can be realized without the use of chemicals.

---

and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulence leads to a quick upheaval of nutrient structure in the area.

More people should begin to perform Agnihotra under a tree. This makes the tree happy and the tree dances and sings. Also the birds are much attracted to Agnihotra and this heals them.

Homa trees will soon begin to grow. They will be a species in themselves. They are now generating in intense Yajnya atmosphere. Places like Agnihotra Press Farm are where they will be discovered.

All of nature is in turmoil, so much destruction comes now. We must saturate the atmosphere with nutrients. Ghee is the vehicle. Mantras are the power. So much of Yajnya must be done now on a large scale.

Effects of Homa Therapy on Soil

Soil in Yajnya atmosphere holds moisture better than any soil. It is due to the ghee and the feedback of the Yajnya on the atmosphere when the nutritional rain comes, the nutrients and moisture are held as a unit in the soil. This makes for better quality vegetation. It seems fantastic but it is true.

In Homa Therapy Farming, the result of the Homa process is that something physical interacts with the soil making the nutrients already there more potent. When nutrients are absent, cultivating the growth of nutrients necessary for healthy plant life is achieved by the Homa process.

In Agnihotra atmosphere the metabolic process of plants is sped up. It is the ghee that is the catalytic factor and on a more subtle level the Mantras interacting with the combinative effect of the burnt ghee and rice. This combination enters the soil after returning from the solar range. It enters the plants by, one might say, attaching itself to minerals and water absorbed by the root system of the plant. The ghee acts as a catalyst touching off a chemical reaction with the plant aiding enzyme and vitamin production and encouraging and increasing cyclic rate. In other words the plants mature faster, taste better and are better just by mere performance of Agnihotra in the garden.

Aeration of soil, of course, is an important part of soil. If Homa ash is placed on top of soil before it is tilled or cultivated it does a lot to help nourish the plant and make the plant happy. It is important to make the plant happy as that is the way the plants can start to give us the feedback effect of Love. The more love you put into the farm or garden, the more Homa is performed, specifically revolving around Agnihotra, the greater the vibrations of Love will be in the area and the happier the people will be.

Chemical fertilizers will prove less effective. There will be more government regulation to guard against health hazards. Only way out then is Yajnya. Homa Therapy Farming is the answer.

Agnihotra and Agnihotra ash, when put on the soil, helps stabilize the amount of nitrogen and potassium present.

Trace elements in the soil are changing drastically. Trace elements are important to plant growth and maturation. Only way out is Homa Therapy Farming. With Homa Farming it begins to become important that all phases of nature work in harmony.

Trees begin to lose their hold in the ground. The soil is having difficulty supporting life. Trees tend to fall over. We must renourish the ground through Yajnya and Yajnya Therapy.

The whole of ecological system is benefitted by Yajnya. For example, earthworms are able to generate more moisture to the soil due to performance of Yajnya. The Yajnya makes them happy and their hormone secretions increase thereby benefitting the soil and therefore the plants that live in the soil. The earthworm is important to farming. *Yajnya* atmosphere increases the hormones in earthworms involved in their reproductive organs and helps multiplication of the species which in turn help the soil become more rich.

Effects of Homa Therapy on Insects

Stop the insects. They are immune to insecticides, pesticides, cold. Line your house with Agnihotra ash.

Grasshoppers become tremendous pests. There is no way to control them. There is one method according to Homa Therapy. If you use the spray made of Agnihotra ash, dried cowdung and distilled water and spread ash on the ground the plant will be spared.

Albino bugs cause considerable damage to crops. They infest the crops through the roots of the plants. These are worm like or larvae like creatures. Only way to prevent destruction is to perform Agnihotra on the farm and put ash around the plants.

If a Yajnya is going on all the 24 hours in proximity to a garden that in itself is an effective aid to insect control. The atmosphere becomes saturated with ghee and the plants are able to manufacture a protective coating due to a special chemical combination in their chemical make-up interacting with the ghee absorbed by the plants by breathing. The Yajnya atmosphere also creates something intangible that permits this situation to occur which is based on the vibrational content of the atmosphere due to the Mantras going on all the time.

Bees are attracted to Homa atmosphere as the amount of energy they receive from Agnihotra fire helps their ability to perform at a greater level of efficiency. When this is translated to pollination, they can help to increase the yield of crops. This is especially true with corn, tomatoes, berries, fruit and the like.

Inborn in the honey bee are certain hormones that are produced solely in Yajnya atmosphere. So it is a foreign subject to anything science has encountered so far in this respect. These hormones help the nutritional levels yielded in vegetables and fruits to yield at much increased rates.

Homa Therapy Farming Practices

Whenever possible on a farm, if Homa Therapy farming practices are being followed, one should attempt to do Agnihotra at a central location on the farm or in a garden throughout the year.

It is probably best to plant in mounds like the Rudolf Steiner method. It allows more food to be grown in less area and it is much easier to care for.

It is good to put Agnihotra ash in the compost pile as this helps energize the material as it decomposes giving the earth it is treated with subtle energies to aid in the growth of crops.

Farmers, if you would like to grow crops in Agnihotra atmosphere, please be sure that the maximum yield is realized when you perform Agnihotra in the center of the farm and then on the four extreme corners of the farm, North, South, East and West. If the farm exceeds 200 acres and if the personnel is there you can perform Yajnya in the interior. It will speed the nutritional process. When finished do not put the ash in one place; spread the ash.

Do you want to take trials about agriculture? Take a seed and place it in cow's urine for at least two hours. Remove the seed and cover with cowdung and let dry in the sun. Then plant the seed with Agnihotra ash.

Have a good mind when you plant. Plant on no moon day or full moon day, depending on seed planted. Observe the growth of plants, disease resistance, reproductive capacity, quality, etc. Perform Agnihotra regularly and give the ash to the soil. About a mile away plant another seed of the same stock in same type of soil with similar exposure to sunlight, etc. Observe the difference if any and just report your findings. We do not ask for conclusions. People can draw their own conclusions from your trained observations.

If one will take distilled water and mix it with a solution of Agnihotra ash, plants will thrive if watered with this water and with Love. Incidence of disease in plants becomes less. If a plant is diseased, feed the plant with the water and ash twice daily, just before sunrise and within an hour after sunset. Be full of Love but with compassion, not pity. Talk to the plant and tell it to get well and be strong. Aerate the soil every other day around the plant by sticking an object into the soil. Then most important, take Agnihotra ash and put into water. Let it sin in the water for a period of three days after stirring the solution. The ash should be powdered. After letting it sit for three days, pour it through a tea strainer or paper towel as though you were making ghee. Use this to spray the plants. By doing all this you can protect your plants from disease and insects. You can help them if they are ill. You can increase the nutritive quality of the plants tenfold. By the way, spray the plants at the same time they are fed the water-ash solution. Also you can mix a little dried cow dung powdered in the water-ash plant food. It will thrive. If a plant is especially ill, keep it in the room where you do Agnihotra. This is extremely important. In three days the plant will be well. Performance of Agnihotra energizes plants and gives plants nutrients.

The atmosphere becomes nutritional, the rain becomes nutritional, the soil becomes nutritional. Hence, crops become nutritional. Grow plants, crops with Agnihotra. Especially medicinal plants from now on will thrive in Agnihotra plant therapy.

If Agnihotra ash paste is put on the roots of plants suffering from root disease they will be cured quickly. They should receive only a mimimum amount of water. It should only be Agnihotra ash water. Agnihotra ash should be used in gardening in a big way now.

In Homa Therapy farming methods, when first starting a garden, it is helpful for future yields if green leafy vegetables are planted in initial stages. This will enable one to grow anything suitable to the climate later on. If in commercial farming, it does not matter, but if Yajnya is done on a larger scale, on say a big farm, the results will be immediate and dramatic.

Alfalfa can be grown on most farms. It puts something special in the atmosphere, something more when grown by Homa Therapy farming methods.

The water resources of this planet must now become purified. The only way to do this is by Homa. Wherever you can put Homa ash and especially Agnihotra ash into water, do so. When ash is put into water at the source of a body of water, the water becomes energized by Devayana and it begins to take on healing properties.

About Agnihotra

The Agnihotra pyramid is a generator of life sustaining energies. It holds for us all the secrets of life and creation. It is given by Grace of Almighty Father.

The Agnihotra Mantra should be done and the offerings made when the fire is really fully ablaze as the effects are thrust that way into the atmosphere with the help of the energy coming from the fire.

These dung balls become like little balls of energy when they are ablaze in an Agnihotra pot.

You see mountains of light through Mantra. Bigger Agnihotra should be done now using more of the cow dung for the gardens.

The smoke from the Agnihotra fire travels directly east in a counter clockwise spiral. That is peculiar to this Yajnya only. Other Yajnyas may be different. Still the effect shoots straight up a distance of approximately eight miles. Smoke goes in other directions from the fire also but it is most frequent and spirals to the east.

This is where most of the concentration is. It is from the direction of east that the flood of energies, electricities and ethers comes. This is why we are told it is better if one faces east when one meditates.

The energies spiral in a counter clockwise fashion when coming from the Agnihotra pyramid because a tremendous amount of impact and acceleration of those energies is generated that way. Also as the energies move in an upward direction, they are simultaneously moving outward from the copper pyramid in all directions, thereby spreading the effects of Agnihotra to a wider area. There is, though, a concentration of those energies thrust to the North. The word 'thrust' is important here.

One should leave the ash in the Agnihotra pot until the next Agnihotra.

If one can deal with the discipline, only the right hand should be used in removing the ash from the pot and only with Mantra or proper thought.

Use of less wood, unless it is medicinal, should be stressed now. Also we should use more of cow dung. Stock pile adequate supplies of dung for cold periods and for people who would like to begin Agnihotra.

(US Satsang, vol. 14, No. 3, June 19, 1986)

There are aspects of Homa Therapy (Farming, Psychotherapy and Ash Medicines) which may seem unusual. But so were the electric light, the telephone and the phonograph when they were invented. "Black Magic" was what they called Edison's phonograph in Paris at the turn of the century.

On a collective level it is up to the scientists to investigate this revived, ancient science. The common good demands it.

No longer does mass destruction of flora, fauna and homo sapien seem to be science fiction. It is before all of us to see.

The question now is what to do about it. Many alternatives are proving inadequate, too expensive or politically nonexpedient. None of this is true of Homa Therapy.

As has been said repeatedly, do not believe what you are told or what you read. *Believe what you experience.* Experience Homa Therapy. Then you will be better able to know what to believe.

Barry Rathner

Agnihotra in Spain

Edgar Wagner
Klaus Wilhelm
Edward Aichbaur

Edgar, Karen and Sun from Austria accompanied Vasant in July 1985 on Homa Therapy tour of Italy, Switzerland, France and Spain. They met Mr. Carlo Patrian at Milano in Italy. During previous years Mr. Carlo Patrian had arranged several seminars to teach Agnihotra where Homa Therapy teachers from Germany, Holland, Austria had given workshops. They entered France near Briançon and met some people in the mountain areas of southern France. Vasant had then remarked that in the coming earth changes southern coast of France may undergo some change and that there were several people in the mountain areas of France ready by their *Karma* to receive the message of atmospheric purification through pyramid fires (*Yajnya* or *Homa* Healing Fires). Following the southern route they entered Spain heading towards Barcelona. They visited several rural communities and the response to the science of healing through Homa fires and the Fivefold Path of the Vedas was extremely enthusiastic.

In December 1985, the three of us visited Spain again at the invitation of some people who had experienced the benefits of Agnihotra in terms of healing the mind, body and also farming. We reached Spain in December 1985 and visited the community headed by Gabrielle Dettke and Albert at Estanyol near Giroma about 90 kms from Barcelona in Southern Spain.

Vasant first met Gabrielle at Arenys de Munt last year where she translated his talks in Spanish. During this trip to Spain we shared with the couple in more detail our experiences with Homa Therapy and stressed the need for taking to ancient scientific methods to get rid of the deleterious effects of pollution and thus save the planet. On our return journey to Austria also we visited them. They have already incorporated Agnihotra and other Homas in their daily routine.

Taragona

Our next destination was Arco Iris community, Taragona, founded by Victor Emilio Fiel. Master Emilio is a humble soul who has founded a few agricultural communities in Spain and also who has helped several other people to establish their own communities. He lives in Taragona. During Vasant's visit last year he enthusiastically welcomed the message of the Fivefold Path beginning with the healing fires of Agnihotra. Urukshaya from Philippines who is a memeber of the Arco Iris Community arranged several meetings for Vasant last year.

There were many people in the community who had personal experience of the healing effects of Agnihotra on body and mind both.

Master Emilio gave a talk on the influence of Agnihotra on invisible spheres and told us about his wish to construct a Fire Temple. He told us that fire would play an important role in their community. At sunset we did Agnihotra with Master Emilio and about 80 members of the community in the meditation room. After evening Agnihotra Klauss gave a 20 minute talk on the Fivefold Path. Next morning Edgar gave a talk on *Homa* healing fires.

Many Agnihotra copper pyramids were distributed and also many people purchased Fivefold Path Spanish language literature published by Agnihotra Press, U.S.A. After this meeting we got several invitations to visit other farming communities in Spain.

Mr. Chidakash, a young Spanish man who is an active member of Alco Iris Community was to be our guide and interpreter for the rest of our journey in Spain.

Community Kukulkan

This farming community is located about 60 kilometers northwest of Valencia in a mountain region. We did sunset Agnihotra with the community and Edward gave a talk on *Homa* Therapy. He explained how the community could incorporate Agnihotra fire in their daily life which would also help their farming and healing practices. Also Agnihotra Mantra cassettes were given. Next morning again Agnihotra was performed with the community members and a lot of Homa Therapy literature was distributed. About twenty people and a few children form the community. They earn their livelihood by farming and tailoring. Chidakash translated our talks in Spanish. This group is also connected with Arco Iris.

Valencia

We next visited a Yoga centre in Valencia called *Parashakti.* After performance of evening Agnihotra Klaus gave a talk on *Homa* Therapy. A second meeting was arranged in the evening to continue the teachings. Five Agnihotra pyramids were taken by the people and twelve more were ordered later on to be sent by mail. This centre has used fire as their symbol. They were astonished to hear from us the

Top left: Farmhouse of Albert and Gabrielle, Estanyol, Spain. Top right: Edgar doing Homa fire at children's meeting in Arenys de Munt, Spain. Bottom left: Meeting in Taragona, Spain. Bottom right: Klaus and Edgar (front) with some members of the Kukulkan community.

various healing aspects of *Homa* fires as given in the Vedas. As we were about to leave Valencia area we suddenly came across a square where we saw three banyan trees. We had read in Vasant's book *Grace Alone* that banyan wood when used in *Homa* fires enhances the effect of healing. So we collected a few bundles of this wood for *Homa* purposes. It is rare that we see banyan trees in Europe. We did 12 noon meditation *Homa* under the tree.

Arenys de Munt

Since Vasant's visit last year to the farming community in Arenys the interest in Agnihotra and Fivefold Path has been growing. Anamalai, the lady in charge of the garden, told us about the wonderful effect *Homa* has had on their garden. She told us how quickly the sick plants got well in Agnihotra atmosphere. In the evening Edgar gave a talk on *Homa* therapy. We taught *Homa* Mantras to the group and cassette recordings were made. After sunrise Agnihotra Klaus gave a talk on the Fivefold Path which about fifty community members attended.

A children's class was organised at 11 a.m. and we did *Om Tryambakam Homa* with children for fifty minutes. Uparatee, the lady who organised this program, already had experience of the healing effect of Agnihotra on the minds. She was thinking how this fire could be incorporated in the daily life of children of the community. She was so happy to see how the children got relaxed so easily in *Homa* atmosphere and how they all smiled. From the next sunset, Agnihotra and other *Homa* fires were incorporated in the children's daily routine.

In the Foothills of the Pyrenees

Eddy and Edgar then visited a farming community in the foothills of the Pyrenees mountain which borders France. The community is called *Ahabah.* About twenty people live in the community. They do farming and also have 35 goats. They sell goat cheese which they prepare on the farm. We performed evening Agnihotra with the community and Edward gave a talk on *Homa* Therapy. We made Mantra learning cassettes and distributed them to the community.

Spain was ready for the message of *Homa* healing fires. Vasant has now asked whether some of us could now go to live in Spain to rent or buy a piece of land to intensify the teachings of *Homa* healing fires.

Vasant said, *"The planet is in dan-*

ger. Many earth changes come soon. Big famine is coming and hence we should prepare some areas in each country which will be fertile and also safe by practice of Homa *fires."*

We are happy to have the privilege of being able to render our service in this Divine plan of reactivation through healing fires.

Big banyan trees in Valencia, Spain.

When You Enter Spain

(Following are excerpts from a pamphlet handed out to tourists when they enter Spain by land.)

There is a serious shortage of water throughout all of Spain. Do not waste it.

The leakage of fuel and oil from motor-boats is a key factor in the contamination of our waters. Make sure your boat's motor is functioning properly.

Sewage and waste waters can cause serious contamination to our rivers. Carry out these operations in the appropriate installations; if this is not possible, pour the dirty water over the earth.

Do not park your vehicle within 100 meters of streams, rivers, lagoons, etc.

Emptying automobile oils into the earth can contaminate underground springs and water sources. Never change your car's oil in the country.

Tire marks can mark the beginning of a serious erosion process. Do not drive your vehicle off of roads and paths, on to the grass or over vegetation.

The maximum level of permissible noise for your automobile is eighty-three decibels. Be sure your vehicle respects the minimum levels for giving off carbon monoxide and other particles. Make sure your engine is in perfect operating condition.

On long journeys, stop at the service stations or parking areas along the route in order to dispose of your refuse and garbage. Never throw your refuse out of the car window, to litter up the roadside.

Disposing of your garbage in the country destroys its beauty and, in many cases, it can be dangerous as well. Never leave any organic or inorganic waste in the country. Be especially careful in such vulnerable areas as beaches. Any digging or excavations made by hikers in popular natural zones can seriously affect the local vegetation and the surface of the ground. Do not dig holes in the earth in order to bury garbage of any type.

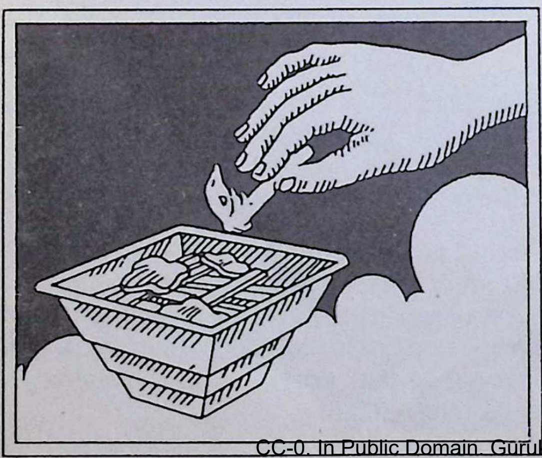
Camping wherever you like is one of the chief causes for contamination and damage to the natural environment. Camp only in those areas which are specifically designated for this purpose.

The maximum level of environmental noise permitted is fifty-five decibels. Avoid raising the volume of your radio or television, especially in public areas and on public transportation, in the country, and late at night.

Letters to Satsang

Be sure the animals you have brought here with you comply with the sanitary regulations. Your dog must be kept on a leash in all public areas. Lead your dog to the curbside drains in order for it to do its "business."

Spain is experiencing a serious energy crisis. Use hot water, lights, heaters and air-conditioners with moderation.



Taragona, Spain

Vasant brings us in this moment his faith and his energy as an enlightened runner in the marathon of the sacred flame. He tells us, "I do not come to show you how to meditate, neither to give you a belief. I simply bring a very old scientific technique of which you can see the effect."

We have been charmed by Vasant's simplicity, his energy, his humility which make him one of the wise men of humanity today. I pick up Vasant's vision of the importance of the earth and the necessity to regain awareness of sunrise, sunset regarding subtle energy changes.

It is wonderful how Vasant carries the message of peace and love through Agnihotra around the world in these times of confusion and echoes of war.

Here we have institutionalised Agnihotra as a part of our daily meditation and we look forward to have soon a permanent and exclusive place for Agnihotra.

We hope to see Vasant again here. Love and peace from all the community and Master Emilio.

Alfonso Colodron

From Vasant's Correspondence

Anger, frustration, depression, anxiety–all these mood changes interfere with the work of the Divine. How can you receive Divine Grace if you are angry at some event in your life? Anger is like a block. It blocks all the light. As soon as you feel yourself giving in to anger immediately *stop* what you are doing. If you are driving a car pull off the road. If you are scolding your child, become silent. If you are becoming angry over the telephone tell the person you will call back. Just *stop* whatever it is and do *Mantra.* Quietly, calmly replace your anger with the seed of *Love.* If you do not have a personal *Mantra* concentrate on being full of love, even to your strongest of enemies.

It is like your diet. You can say 'no' to fattening foods or junk foods, isn't it? Treat anger, etc. also in the same way. So if you are hungry, you might say no to a chocolate bar and give yourself a salad. Treat the emotion that is blocking you in the same manner. Say no to it and give yourself some time to calm down. The anger is only as powerful as you allow it to be. If you give it the rein, it is like a wild animal. It may lie dormant for a while, then strike out at any time. A wild animal is, as you know, untamed. Do discipline the mind and tame the emotion.

To overcome duality, one must merge the individual spirit with the Divine. That is done through a culmination of effort. There are times when little effort is required by some and seemingly endless efforts required by others. One must be attentive at all times to receive Divine guidance.

Much trouble can be averted by just simple humility–and this can come so easily to you. Just do all meditations and be loving with everyone you meet. Make the effort now and again so much can be given to you. Begin with the smallest person. O.K. Then keep this humble attitude with your husband most of all. Then and only then will he again feel love for you. You push him away. Now just be humble.

Moment to moment becomes of utmost importance. The concept of 'one day at a time' can be simplified–'one moment at a time.' Of course at the same time each moment is important, it becomes of equal value to have a good overview of the whole. We concentrate on the moment with an understanding that there is a larger plan. While I am sitting here with you at the same I am aware of the entire planet... What is happening in Chile, Bolivia, Germany, India, etc. That is how all of you must become. Through devotion all this is revealed.

(US Satsang, vol. 14, No. 2, June 6, 1986)

Homa Therapy farming is a system of agriculture from the ancient Vedic science of Bioenergy. Homa or Yajnya, as it is also termed, is a process of purification of the atmosphere done in accordance with certain biorhythms. Agnihotra is the basic Homa which creates a healing cycle in the garden, on the farm or in the home. In Homa Therapy the change in the atmosphere is brought about through the agency of fire. By burning specific organic substances, like dried cow dung, ghee (clarified butter) and a little brown rice in a copper pyramid of specific size at the timing of certain biorhythms (sunrise/sunset) and to the accompaniment of specific mantras, a beneficial change in the atmosphere takes place.

The aim of Homa Therapy farming is:

- To heal and improve the land that we cultivate rather than pollute and destroy it with chemical poisons and thoughtless farming practices.
- To grow superior crops without the use of chemical fertilizers, pesticides, herbicides and the like.
- To give back to the earth by improving and healing the soil, air and water resources.

Due to pollution, the soil is having difficulty supporting life; weather patterns are changing; acid rains are destroying plant and animal life; insects are becoming resistant to pesticides.

Wouldn't it be wonderful if we could raise crops of superior quality without the burden of knowing we have poisoned and polluted our lands to do so? Explore Homa Therapy Farming and see that we can.

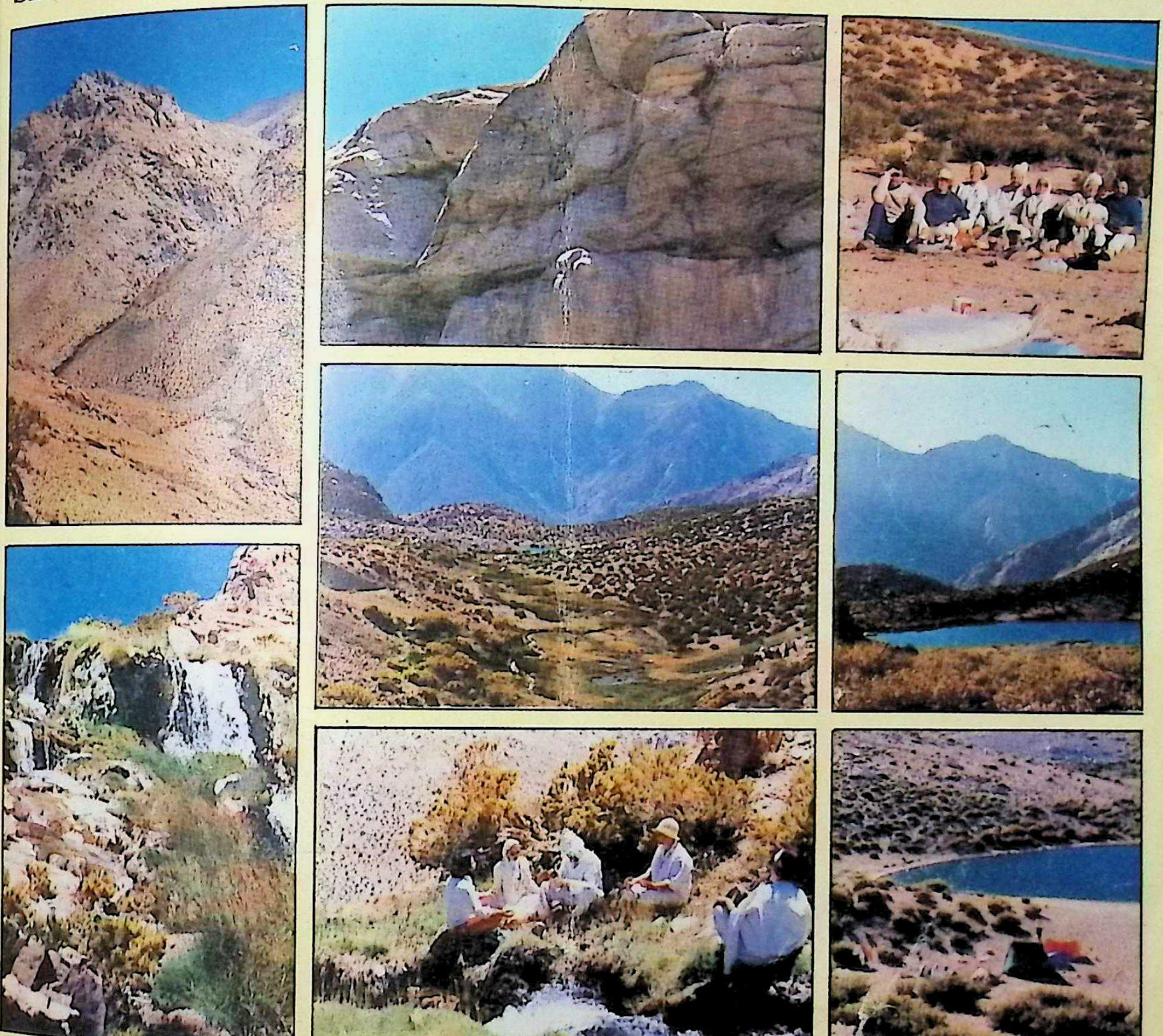
By Michael Billian

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

24/10

Bharatiya Satsang

SEPTEMBER 1986 NEW ERA 43 VOL. VII NO. 4



THE KINGDOM OF HEAVEN IS NEAR AT HAND

Perform Agnihotra • Heal The Atmosphere

Cover : *Scenes from Chile: The Andes Mountains, the Blue Lagoon, people from various healing centers.*

Editor : Abhay V. Paranjpe
Publisher : Abhay V. Paranjpe for Fivefold Path
Publications, Shivapuri, Akalkot, Dist. Solapur,
Maharashtra, INDIA

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

24/10/13

Bharatiya
Satsang

SEPTEMBER 1986 NEW ERA 43 VOL. VII NO. 4

Vasant on South America

Final plans for Chile are to be drafted quickly. Some special healing is being done there with Agnihotra ash and the effect of the fire itself has been so profound in one area it is remarkable. Soon many will flock to the one healing centre and someone will have to be there to attend to it round the clock. This means they will take shifts to attend the people who will appear there. It is a highly blessed area.

Chile is a holy place now. Such miracles are taking place there. Agnihotra ash mixed with special water will be particularly healing.

In many countries these *Homa* healing centres will start. So we have to have a base, a starting design, one that will fit all countries so we can make a plan, like an architectural plan, a sketch of a *Homa* healing centre. What minimum rooms there should be and what they are to be used for should be detailed. This will give people an idea of what to plan for. These centres need not be identical country to country, only to serve as an example.

Chile, All Divine Grace. All Divine Light given. All waters, lakes blessed. All Grace upon special places given. *Mantra. Om Tat Sat.*

One man in Chile is going to reveal a lot about Agnihotra in his country. This man has been specially marked and is going to do a lot of work in Chile. He is Divinely guided and has been since childhood.

We must waste no time at all. *We must waste no time at all.* We are among the ones sent forth on a great Divine Mission on this planet. Let it be known that the time has come now to reveal the source of our power.

There is one place deep in the Andes where the holies remanifest and meet twice a year.

There are some old places of fire in Cambodia as well as Chile & Peru.

There are big Eternals now placed in the Andes Mountains for a reason. When there is any sign of warfare they are there to stop it. They will also heal the people.

Many secrets about *Yajnya* will be revealed by the Inca tribes in Peru, Chile, Brazil and Argentina.

Horses will go lame for apparently no reason in South America. It appears to be no reason but actually all this is caused by pollution.

Chile has been filled with light. Shree is now making the water that flows from the snow caps of the Andes very pure and healing water.

Much disaster comes in South America, especially Brazil. There will be much famine and flood and also earthquakes.

There will be a terrible earthquake in Ecuador. There is one girl who has been

Blue Lagoon: A Secret Site in The Andes, Chile

Mike Billian

placed there. She is special. Her name is Anna Marie.

Trees will die in the Himalayas and the Andes.

Illness runs rampant. Attention. Agnihotra ash medicine is the Saviour. That is the only way out. Agnihotra atmosphere and Agnihotra ash medicines are the cure all and end all to man's problems.

South America, especially the Andes, becomes a place of pilgrimage like the Himalayas.

Much work. Many people have come in Chile. Very high center is there. We are uncovering ancient science of Yajnya in a big way there. It is very important that the work there continue. Special lady very instrumental in Chile. To her many will come.

Everywhere Vasant toured in Chile, large groups of people attended his talks to learn about the ancient science of Yajnya and its applications to healing, farming, and cleaning up the polluted environment.

During our stay in Chile, Vasant and I traveled with Klaus Pontani, Mother Cecelia Rodriguez, Ivan Arroyo, Francisco and Clare to the Fire Temple of Adriana Freres in La Serena. At this place we met some people who told us about an amazing experience they had together.

The "Blue Lagoon" is a beautiful lake and waterfall situated high in the Andes Mountains, the people told us. They went on to tell how five people from four different towns received messages individually in meditation to climb up into the mountains to visit a certain place. They were also asked to bring two others with them. They had to travel hours on horseback to reach the site.

At this place they did Homa fires (Vedic fires to purify the atmosphere) when they arrived and during their stay. Each of the persons gave accounts of things seen and heard during their stay and remarkably, much of the phenomena experienced were in common.

One of the persons saw members of the Divine Hierarchy, including Jesus, St. Germain and others, entities who are trying to help the earth get out of the mess it has created for itself. The same person also saw a monastery and an etheric temple which appeared to be on another plane. The description goes thus.

"At that place there manifested the Divine Mother, Master Saint Germain, Master Jesus and other High Masters, monks of that monastery. We were close to one of the gates of that place. We were also shown that over the lagoon there was an Etheric Temple that possible in the future will become manifested physically.

"Later two of us were taken to the entrance door of the monastery and when we approached a white eagle appeared, flying and showing us the way. It came to meet us and after flying for a moment it showed us a certain place, then went back the way it had come and disappeared. We sat and thanked the Father for being there. Then a big circle of blue light appeared, that turned out to be a great tunnel of light. Inside it appeared the white eagle, who changed form to become a master who said literally, 'I'm very happy you have answered my call. I'm happy that you are here.'

"At the end of the tunnel was the door to the monastery and there were several monks dressed in white. I asked the Master for his blessing and begged Him to touch my heart. Later He asked us to do the Homa fires at this place always, and also to climb up to a higher place that He would show us. We were told that some thousands of years ago human sacrifices were made there. That is why we had to purify the place, because at that very place in the future a city of the New Age will be constructed. They showed us the sacrificing stone which showed the marks of human horror. We were asked to go up once again during the year to that place. We were also told that wherever we may be, we should be doing fire healing ceremonies *(Homas)* to clean and purify all areas.

"We also had the company of space ships that were visible and 'Zendras.' From the Etheric Temple there was a 'Zendra' of light that was visible for three days. One of the space ships passed by very slowly and very low. The other two were signalling for a moment and made changes of direction in their flight in the sky. We came back full of love, energy, peace and fulfillment.

"It was told to us that the fire ceremonies, the Homas, are ceremonies of high solar initiations at the interior retreats and in the world. They are solar ceremonies of the Solar Hierarchy. Prior to this, all the initiation ceremonies were through water. Fire ceremonies or solar ceremonies came later, for they are higher ceremonies.

Ashram St. Francis De Asis, Los Andes

"When we were taken internally to this place, Master Saint Germain filled us with white light and cleaned us. Later we were taken by other Masters to the presence of Lord Parashuram. He had a big bow in his left hand and an axe in his right hand. He was very tall, strong and beautiful.

The sphere of blue light mentioned by this person appeared over the lagoon and was seen by all members of the party. It was visible for three days and even shows up in a photograph taken of the site.

All members of the party also heard voices, other than those belonging to those present. And several told of experiences similar to those described above.

The overall message that the small group received was that it was very important to purify that place and those people are to return to do it. It was also important for these purifying Homas to spread all over the world.

A final note: There is a waterfall of melting snow that feeds the lagoon. Interestingly enough, someone in Baltimore heard Vasant's voice a few months ago saying that *Shree* starts cleansing water melting from the snow caps in the Andes.

On March 13 Vasant visited Ashram St. Francis De Asis which is run under the guidance of Francisco Fernandes and Sister Clara. A tour was given of the place including the garden, the compost area, the fire temple, the yajnya room and the stable. Fivefold Path is taught here regularly.

There have been several healings at this place and it will be a model for many other such places. Everything grows so well here in the Homa atmosphere.

Vasant gave several talks at the Ashram. Many were interested in the purifying qualities of Homa Therapy and its beneficial effects on the mind, on plants and animals, and the healing qualities of the ash, as studied in West Germany.

Clara and Francisco also have a natural foods store called "El Portal Naturista" and its motto is "Blessed are the pure in heart for they shall see God." A special Homa was done there to sustain the healing atmosphere of the store, to provide healing to all that come there.

Vasant said, "People can come here and experience the benefits of *Homa* farming and *Homa* healing." Soon classes will be set up for giving training in *Homa* farming and *Homa* mind training.

"Be ye transformed by the renewal of the mind." *(Bible)*

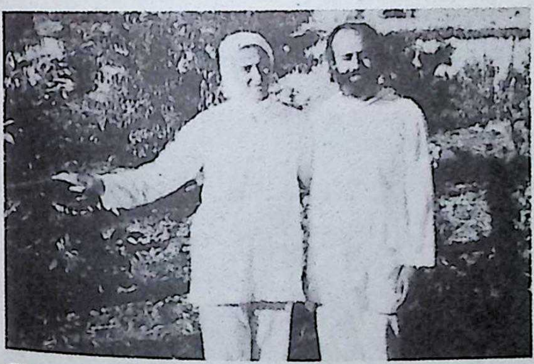
From Vasant's Talks in Chile:

He who is wise learns from his own experience and also the experience of others.

The heart will tell us what is right and wrong, the intellect will merely look for excuses.

Every so-called disadvantage in life has to be transformed into an opportunity.

Things come much more easily with a smile. Progress on spiritual path can be made more easily with a smile and not with a long face and collapsed jaw.

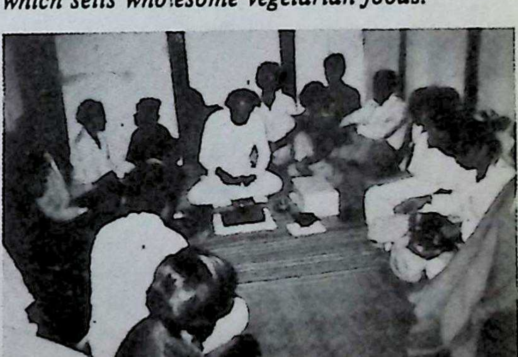


Clara and Francisco at the Ashram.

Entrance to Ashram St. Francis de Asis.

283
EL PORTAL NATURISTA
SALUD Y ENERGIA
NERVIOS SANOS
ALIMENTOS INTEGRALES
HIERBAS MEDICINALES
TONICOS NATURALES
RELAJACION MEDITACION
ORIENTACION PSICOLOGICA

Natural foods store run by Clara and Francisco which sells wholesome vegetarian foods.



Many people gather for Agnihotra at the Ashram's fire temple.

Instituto Chileno Hispanico de Cultura Santiago, Chile

Clara

Vasant arrived in Santiago, Chile from LaPaz, Bolivia on March 6, 1986.

Klaus Pontani, an engineer, and myself (Clara) acted as interpreters for Vasant during his tour of Chile. Irma Garcia of the United Nations had kept her Westphalia Volkswagon camper at the Santiago International Airport for Vasant's use throughout Chile. The camper was returned to her on the day Vasant left Chile.

Klaus maintains a nicely built Fire Temple in Santiago, the capital of Chile. Several healings have taken place here. His was the first fire temple in Santiago. Later on two other fire temples came into existence and one more is under construction.

Irma Garcia of United Nations had organised a conference at the Instituto Chileno Hispanico de Cultura for Vasant to explain the Fivefold Path. There were over 300 persons gathered and the hall was packed to capacity.

The talk covered points about pollution problems, acid rain, dying trees, food shortages etc., and an invitation to people to experiment with Homa Therapy methods from ancient Vedic knowledge.

It was stated that thousands of people have benefitted from *Homa Therapy* methods all over the world, in health, agriculture and mind training. It was suggested that scientific experiments be done with these methods.

Vasant also visited the Center of Technological Studies 40 minutes north of Santiago in a town called Colina. They study organic agriculture there. Vasant told them about the experiments that could be done with fishtanks and Agnihotra ash and also suggested that Homa Therapy methods could augment their program.

From Vasant's Talks in Chile:

We have to strengthen the homeostasis of the body so the natural defense system is harmonised. Take care of the diet, eat more raw food.

One can start from any minute once you know about this knowledge.

Van supplied by Irma Garcia of U.N. for Vasant's travels in Chile.

Visit to La Serena and Coquimbo, Chile

Mike Billian

La Serena

During Vasant's recent trip to Chile, we visited the town of La Serena. Accompanying Vasant were Mother Cecelia, Victor Hugo, Pilar and Ivan. The group visited the fire temple there and a talk was given.

Coquimbo

The next town visited was Coquimbo. Everyone went to visit the home of Mario Aguilar, a taxi driver in the town. Mario's children all perform Homas, and it was a joy for everyone to see this. Mario also told how he enjoyed playing the mantras all the time when he is driving his taxi. He now has about 460,000 miles on his engine and it has not failed yet. He says the mechanics ask how his engine could still be good with so many miles on it.

From Vasant's Talks in Chile:

The most important things are given in silence.

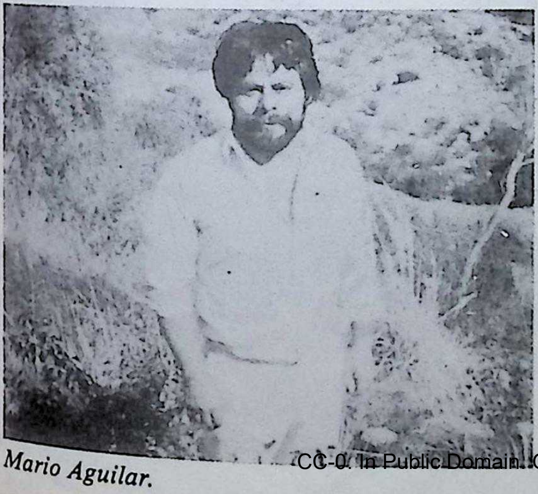
The New Age has already started and it will be easier to live total joy.

The Kingdom of Heaven is here now.

Let us fill all the spheres with love.

Perform Agnihotra in order to purify the mind. Once this is done nothing else is required.

Give some hours weekly of free work. To do things for name and fame does not purify and elevate the person.



Mario Aguilar.

Fire temple at Adriana Freres' (right) home in La Serena.

Miracle Healing of Cow at Ashram St. Francis De Asis

The cow's name is "Gisella" and she was pronounced hopeless by the local veterinarian. Clara told the story as follows.

The cow was so sick that the doctor wanted to kill her. The people at the Ashram gave her Agnihotra ash and performed Agnihotra sunrise sunset biorhythmic fire near the cow. They put ash all over her body. The doctor came back the next day and said she was cured. He said it was a miracle and certainly not due to his medicines. Homas were continued at the cow's stable for one week. Now she is completely well and gives enough milk for two families.

In this connection it is interesting to compare a news item which appeared in the U.S. recently.

Contaminated Milk Crisis in Southwest U.S.

An article in the *Washington Post* dated March 31, 1986 titled "The Human Toll From Tainted Milk" tells how dairy cows consumed feed contaminated with a known carcinogenic called heptachlor. This toxic chemical tainted milk and other dairy products. This substance presents a great risk to babies and in this case caused problems with infants who were nursing from mothers who had ingested contaminated milk. The chemical inhibits infants' immune systems making them extremely vulnerable to illness. A child cited in the article has gotten a cancer called neuroblastoma and is very vulnerable to infection.

Approximately 50 dairy farmers mostly in Arkansas have had their herds quarantined and all the milk from the contaminated cows had to be thrown out. One farm is draining 500 gallons of milk per day that will have to be disposed of, and this could continue for as long as six months. These farms are threatened with going out of business.

It is stated in *Ayurveda,* the ancient science of medicine that if a cow gets diseased she should be brought into **Agnihotra atmosphere for cure.**

Gisella, a cow healed by Agnihotra ash and Agnihotra atmosphere.

Visit to Cochiguas, Chile

During Vasant's visit to Chile, one important stop was at the town of Cochiguas, where the Homa healing center is blooming. It has been told that from this place light will go all over the continent of South America. While there, Mike Billian from Baltimore, also visiting Chile with Vasant, gave classes on Homa Therapy farming techniques, based on the ancient science of the Vedas.

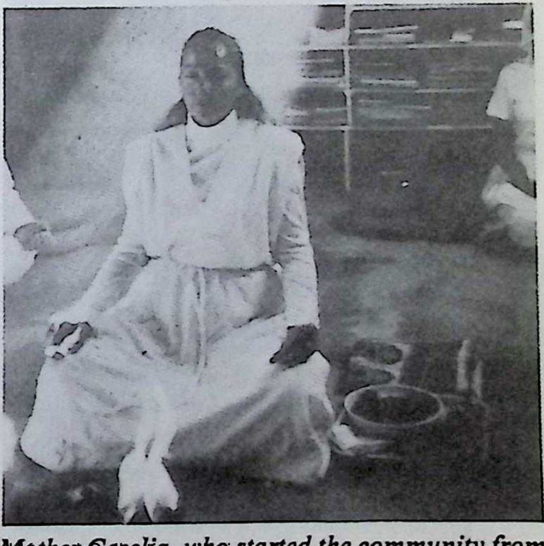
This centre is run under the guidance of Vasant. Mother Cecelia, a devoted nun, started this place practically from scratch. Her total dedication to the message of Jesus, which says "Love thy neighbor as thyself," helps maintain the atmosphere of love at this place. Sister Lee, Sister Rosita and Carlos Olivares help Cecelia in her work. People from several South American countries come here to experience the healing atmosphere.

A view of the healing centre at Cochiguas.

The community has managed to build a few buildings by volunteer labour and gifted articles. The community continues to be a healing center with visitors coming from all over. Miracle healings have taken place there due to the Homa atmosphere according to the ancient Vedic science of atmosphere purification.

The community is growing beautiful fruits and vegetable crops in Homa atmosphere, and also has beehives. It has been stated that Homa has a special effect on the honeybee.

During this visit to Cochiguas, Vasant did some special Mantras along with some Homas to establish a special



Mother Cecelia, who started the community from scratch.

area where subtle energies are generated and maintained for healing purposes. Mother Cecelia becomes the Divine instrument for healing.

While Vasant was in the area, a new Fire Temple* was initiated at the farm of Ernesto Ardiles. The fire temple is under construction. At the fire temple a talk was given. It was told that Mother Earth is very sick. She is caught in the midst of a vicious cycle. There is terrific pollution, mostly manmade, and if man does not do anything to reverse this terrible state of affairs he will not be able to survive. The solution is to perform purificatory Agnihotra Homa to set things right.

During the visit to Cochiguas, a fire purification was done for some little children. Additionally, a couple announced their engagement, and Vasant performed Homas and mantras for the engagement. After the ceremonies there was singing.

The outdoor kitchen area where the community bakes its own bread. Beehives are also kept here (foreground).

It was explained that the word "husband" comes from Sanskrit roots meaning "hand" and "binding". Thus a literal translation means that both "hands" (husband and wife) are "bound" together to tread the path of life and light.

**Note: In a fire temple there is no priest. Nothing is worshipped. It is a place where silence is kept and only morning and evening biorhythmic purifying Agnihotra fire is done. This is for the purpose of creating a healing atmosphere and restoring harmony.*

The farm of Ernesto Ardiles where a new fire temple was recently inaugurated.

Agnihotra Ash for Water Purification

Here is a simple experiment which a schoolchild could do.

Take two fishtanks. Put some Agnihotra ash in the water in the first tank only and not in the second. Put some fish from the same stock in both tanks. It will be found that in the tank containing Agnihotra ash:

(a) The growth of bacteria is controlled.
(b) The growth of algae is controlled.
(c) The necessity of changing water becomes less.

Water purification techniques are becoming more and more important as more communities experience problems with tainted water supplies. A cover story in the Baltimore *Sun* dated April 9, 1986 titled "Seeping Danger" tells how the groundwater supply is being poisoned by "cancer-causing compounds from industrial wastes, leaks from gasoline storage tanks and residue from fertilizer and manure." The article states that serious pollution has occurred in almost every county in Maryland. Although groundwater supplies remain "generally safe," reports indicate many problems and an increasing threat.

Agnihotra ash has been shown to have significant purificatory effects as for instance on a polluted water supply on a farm in Austria. Further experiments need to be done to this end.

Valdivia, South Chile

Victor Hugo and Pilar of Osorno had organized a meeting for Vasant in Valdivia. Vasant, Mike Billian and myself flew to Valdivia from Santiago. We stayed in the house of Irma Vivanco who had acted as translator for Vasant during his last visit. Vasant gave a talk on Fivefold Path at the centre of Grand Fraternity Universal.

Several people from Temuco including Gloria Tabachi and Regina Fritz came to meet Vasant in Valdivia as he had not time to visit Temuco during this trip. Fire purification ceremony was done for two girls on March 17.

Clara

Irma Vivanco at her home in Valdivia.

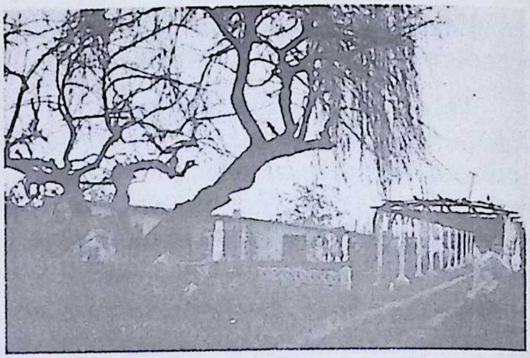
Fire purification ceremony for two children in Valdivia.

Centro Integral Agnihotra Villa Alemana, Chile

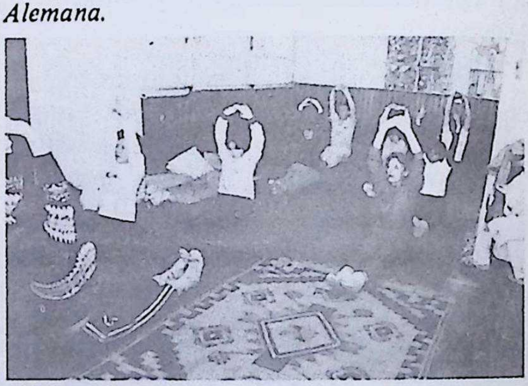
Vasant visited the Centro Integral Agnihotra at Villa Alemana directed by Angelina Lopez de Amburcci. Klaus Pontani, Francisco Fernandez, Sister Clara, Ivan Irrutia and Kena accompanied Vasant. Since Vasant's last visit substantial progress has been made at this *Homa* healing centre. It appears that *Homa* atmosphere itself is attracting people to this place.

Classes are given in *Homa* healing, *Homa* farming, yoga exercises and music. People wishing to tune up their body and mind can stay here for a short time and experience the cures that take place simply due to the purified atmosphere. Agnihotra ash medicines as researched in Germany are used by several visitors. Herbal treatment and diet programs are used to tone up the body. The group of people that assist in maintaining this place deserve much praise.

The parents of Angelina Lopez (front), with Angelina and her husband.



The grounds at Centro Integral Agnihotra, Villa Alemana.



A Yoga class held at the centre.

A large group assembles for a talk given by Vasant in Villa Alemana.

Ancient Healing Fire For Farming in Chile

Mike Billian

In March 1986 I accompanied Vasant to Chile in South America. There I was asked to share with people the knowledge of an ancient system of growing large, healthy crops without the use of fertilizers or pesticides. All over the world there is a growing awareness of the destructive nature of many conventional farming practices. People are seeking wholistic non-chemical methods to grow crops.

In Chile we visited some New Age communities where many people came to learn about the science of Homa in relation to agriculture, medicine and psychology. At these communities I had the opportunity to speak to a few groups of people about Homa Therapy farming and gardening. The following are excerpts from my talks in Chile.

Homa Therapy farming is gardening or farming that makes use of ancient Yogic healing knowledge. This knowledge is from the Vedas, which are the ancient-most scriptures known to man. The Vedas give to man scientific wisdom of how to live properly and in harmony with nature.

We can see that without utilizing such guidance, mankind has caused itself many problems all over the world. Air, water, soil pollution and poor or destructive methods of dealing with the land have brought us all to a critical situation. In many countries much of the land has become unfit to grow crops. Desertification, the cancerous spread of soil death, is running rampant. All living things in nature are exposed to such terrible pollutants that it has become difficult to escape their harmful effects. Moving to an area of less industry or lower population is merely biding time and yet even such places are polluted. Sources that in fact some of the worst acid rain is found in the Himalayas.

We must "counter attack" the pollution with antipollutionary measures. Why not give the science of Agnihotra a chance to show what can be done naturally to effect a change in the very polluted atmosphere which we seek to avoid. One should feel it is his duty to consider and utilize any methods that are shown to us to undo the effects of pollution, if after trying them we think they are effective.

Mike Billian demonstrates Homa Therapy farming techniques.

Homa is a scientific process that purifies the atmosphere. There are several types of Homas that one can do. Agnihotra is the basic Homa. It creates a healing cycle in the vicinity in which it is done. Agnihotra is done at sunrise and sunset.

In Homa Therapy the change in the atmosphere is brought about through the agency of fire. Homa is performed by burning the prescribed substances in a copper pyramid. Homa makes the atmosphere fertile. Homa adds nutrients to the atmosphere and soil and restores and maintains ecological balance.

Whatever type of organic gardening you are practicing you can be sure that the addition of the practice of daily Homas will result in more yield and less disease. You can grow a large quantity of crops in a small area.

It is interesting to note some of the ways in which Homa Therapy benefits plant life, as described in this ancient science.

1. Homa acts as a catalyst to plant metabolism and generation of chlorophyll.

2. The distribution of nutrients throughout the plants' vascular systems becomes more harmonious.

If a botanist were to prepare slides for microscopic viewing of a cross section of plants grown in Homa atmosphere, he would find that the vascular system is wider and more cylindrical than those of normal plants.

3. Plants grown in Homa atmosphere will show better reproductive qualities, i.e. the number of seeds, fertility, period of germination, and quality of pollen. All will show marked differences.

4. The taste, texture, color, size of kernel or fruit will be improved when crops are grown in Homa atmosphere.

5. A strange phenomenon occurs when Agnihotra and Homas are performed in an area near growing plants. An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is performed in its proximity. The field contains nutrients and vibrations of love. The plant is continually able to draw on this resource which is given by performance of Agnihotra.

An Outline of Basic Homa Therapy Farming Practices

1. Perform Agnihotra in a central location within the garden or farm planting area. If the farm size exceeds 200 acres, Agnihotra can be performed on the four extreme corners as well as in the center.

2. Plant with organically grown seeds. Treat the seeds before planting by Vedic methods: Soak the seeds for two hours in fresh cow's urine. Drain the seeds and then mix them with a small amount of fresh cow dung, just enough to coat the

seeds. Allow the seed and cow dung mixture to dry in the sun on a window screen or board. When the cow dung is dry enough to crumble (damp-dry) the mixture is ready to plant.

3. Plant your seeds and seedlings with Agnihotra ash.

This ash holds subtle healing energies which enhance plant growth and resistance to disease. When planting seedlings or sowing seeds make sure a small amount of ash is sown around the roots of seedlings or in contact with the seeds.

4. Agnihotra ash can be used to help control insects and disease. A spray and plant food solution is made by mixing a few tablespoons of ash with a gallon of distilled water. To this solution a few tablespoons of powdered dry cow dung can be added. Let this solution soak for three days and then pass the liquid through a filter, i.e. paper towels or cotton cloth. Use this solution to spray the plants in your garden and to water the plants. Powdered Agnihotra ash can also be spread on the leaves and around the base of the plants to help protect them from the insects.

5. Agnihotra ash should be added to the compost pile. When piling up materials to make your compost pile sprinkle very thin layers of this ash between the layers of such organic materials as vegetable scraps, grass, straw and leaves. This ash helps energize the materials as they decompose, giving the soil it is treated with subtle energies that aid plant growth.

There is a need today for people to become far more self sufficient and efficient.

So let us look into growing a garden now whether on our own land or somewhere with other people. Then we know the vegetables were grown organically with Agnihotra and Homa Therapy and with Love.

The tree in the above photo was split in half by a storm, and was nearly dead. The tree was taped with ash and mud and healed in three weeks. Irma Garcia of U.N. (second from left, standing) looks on as Clara tells the story. This is only one example of the healing properties of Agnihotra atmosphere and Agnihotra ash, as seen at Ashram St. Francis de Asis (above photo) and other places.

Letters to Satsang

Santiago, Chile

We had a terrible earthquake in Chile grade 8 on a scale of 1 to 12. There are 149 dead people, thousands of injured persons, thousands of damaged houses and buildings and many totally destroyed houses.

I called Angelina Lopez after the earthquake. Her house and the Homa Center were all right. Only a small wall fell down in her garden and a few plates and cups were broken.

Our Fire Temple's oldest wall had a few fissures and one portion cracked; this damage is not much at all. This is incredible because with the movement, the Fire Temple could easily have fallen down, as the room is very old. I think Grace and Homa atmosphere protected it.

The worst part of the earthquake continued for three minutes or so, and afterwards I performed evening Agnihotra as it was sunset time. Then I performed 1 hour *Om Tryambakam* Homa in the garden. During the Homa there were many big tremors; I was sitting on the ground so I could feel every movement. I continued to perform the Homa.

We continue to perform this Homa at different times as it helps to keep our minds and hearts happy.

Love and peace to you.

Irene

Quilpue, Chile

Thank you for your concern for us because of the big earthquake of March 3. It was terrible. That Sunday the earthquake was 10 on a scale of 1 to 12 in Quilpue. More than 70% of the houses were damaged.

When the earthquake started my husband and I were at home. Everything was moving; some books and china fell off the shelves and a terrible noise was coming from within the earth. I was not afraid because I felt Grace protecting my home.

The destruction everywhere was terrible and yet in my home not even a pane of glass was broken.

Starting this Saturday at Angelina's we are going to perform four hours of *Om Tryambakam* Homa, and we will try to do 24 hours round the clock on no moon and full moon.

All love to you.

Thelma Buitano

Santiago

One woman had a kidney extracted when she was eighteen years old. Four years later the other kidney began to fail. Her whole body swelled with an accompanying increase in wieght. All possible medical treatments were tried without any positive results. It was decided to send her home so that she could die surrounded by her family. Her mother then heard of the healing effects of Agnihotra ash. Her daughter began to take a pinch three times a day and stopped all other medical treatments. One week later, she was able to leave her bed. Eventually, she was completely healed. Today, three years later, she is healthy and happy.

A seventy year old man who lives in Santiago had suffered from diabetes for years. In 1981 he began to experience intense pain in his left foot due to the condition. The foot became gangrenous and had to be amputated. The sickness continued its course and it became necessary to remove the leg up to the knee. Thereafter the gentleman began to lose his eyesight, approaching blindness. Around this time his wife began practicing morning and evening Agnihotra biorhythmic fire. She also gave her husband Agnihotra ash three times daily, which he had continued to the present day. Two or three weeks after having begun to take the ash, he recovered his appetite and his short temperament and anger, produced by his illness faded away. His physical deterioration halted, his blood sugar level improved and he can see acceptably well without glasses.

Villa Alemana

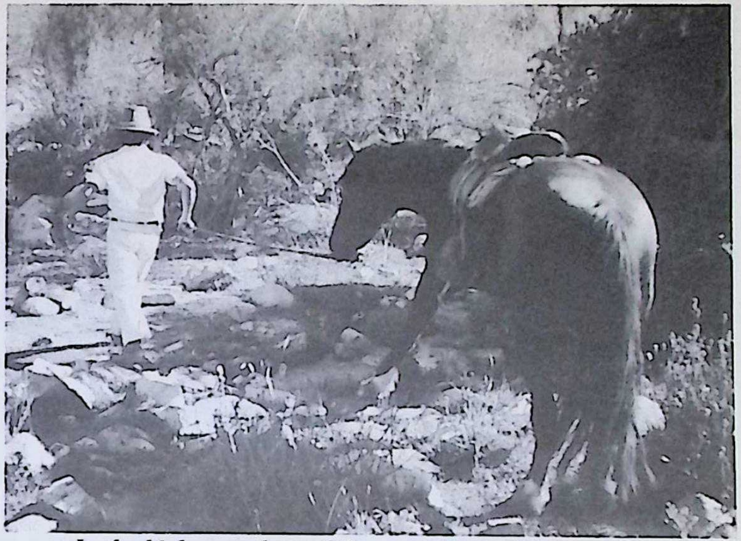
A thirty eight year old woman in Villa Alemana suffered from a stomach virus infection, indigestion, insomnia and general physical disturbance. She was treated with antibiotics and sedatives, without much success. She reported sitting in front of a Tryambakam Homa fire and feeling as if something was taken away from her stomach instantaneously. She has been taking Agnihotra ash since that time, and has recovered her health.

Another case was reported in Chile, regarding a five year old boy. He was born healthy but caught a cold at the age of two and developed complications. It was determined that at the age of four or five he would have to have a kidney transplant. When the child was approximately two and a half he began to take Agnihotra ash three times a day. This was continued for eight months. After two months an amazing improvement was noted. Today the child is allowed to go to school and lives a normal life.

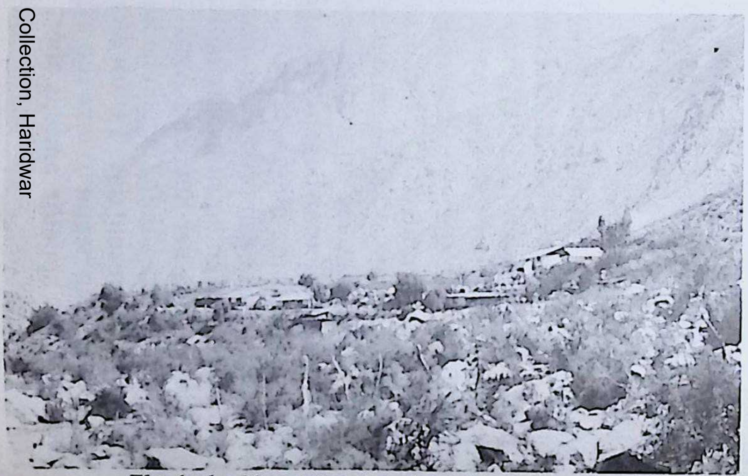
(US Satsang, vol. 13, Nos. 22 & 23, April 3 & 17, 1986)

Healings in Chile

Cochiguas River



In the higher reachers of the mountains a horse is the only means of transportation.



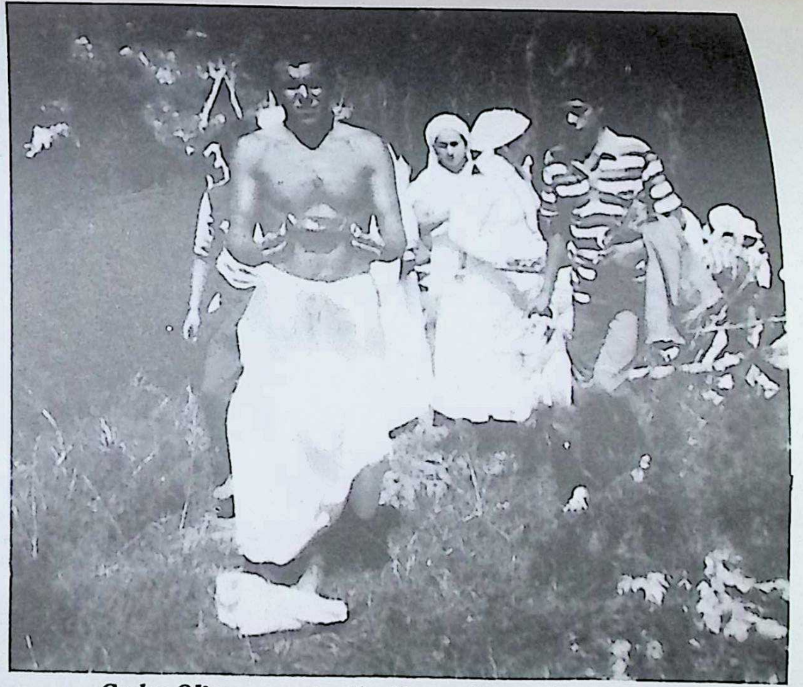
The Andes Mountains rise above the community.

Cochiguas—Kithen and dining area in the foreground, dwellings in the background.

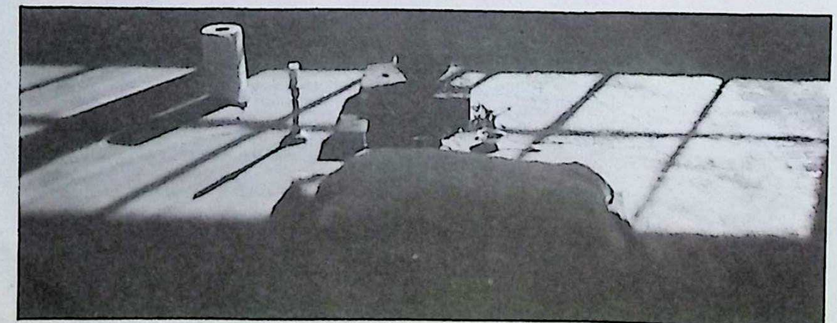
The Andes Mountains rise above the community.

Cochiguas—Kithen and dining area in the foreground, dwellings in the background.

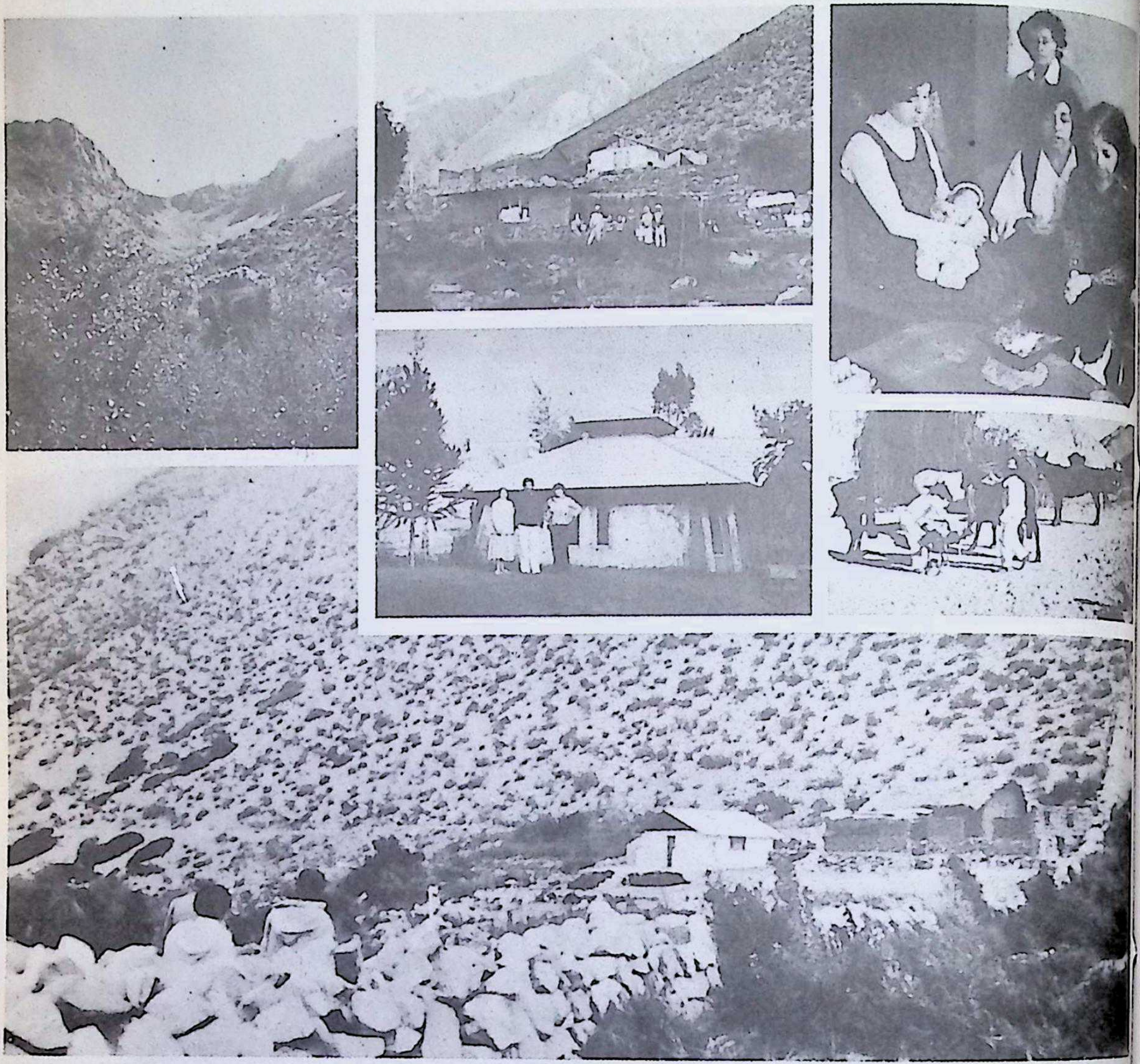
Members of the community and visiters gather at Cochiguas River for a Homa Fire



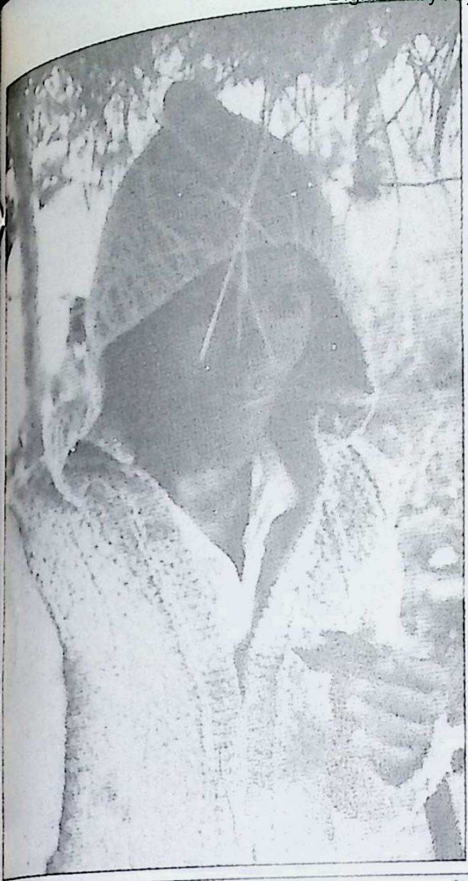
Carlos Olivares carries the Homa fire up from the river.

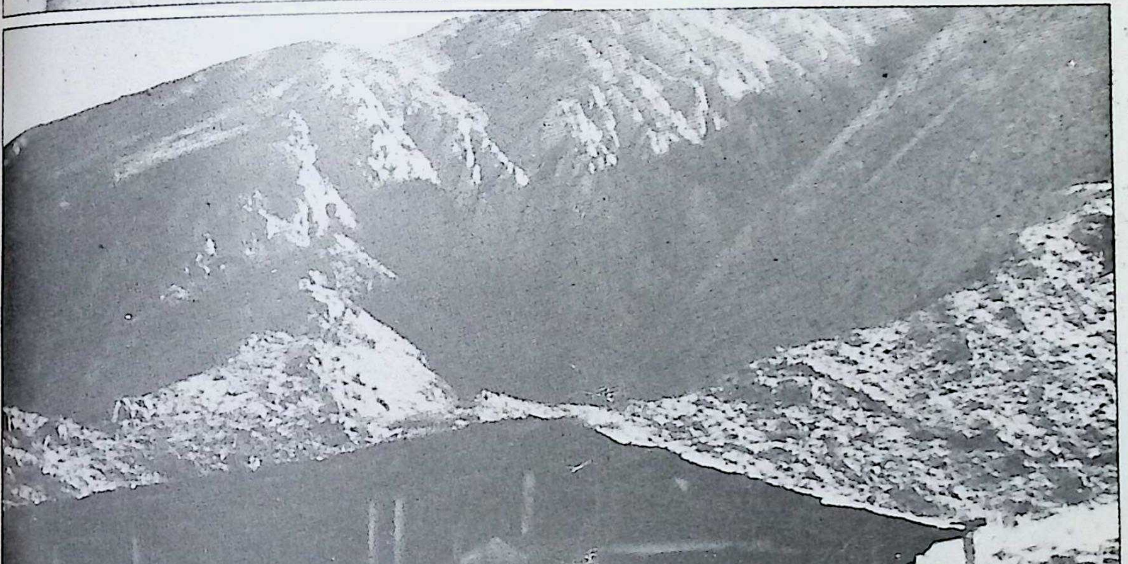


Inside the Cochiguas Fire Temple.



Homa Therapy is sought after in a big way throughout Chile.





FIRST FIRE TEMPLE AT COCHIGUAS,
ELQUI VALLEY, ANDES MOUNTAINS, CHILE

SHOL-83
Registered No. 35898

THE SUN HAS RISEN ON A NEW ERA

This unusual photograph was taken at the place on the Cochiguas river where Vasant put some special Agnihotra ash into the water. Miraculous healings have occurred at this site.

Printer:
SUDANA PRINTERS
Municipal Industrial Estate, Vallabhbhai Road Vile-Parle (W), Bombay-400 056
Phones: 6122956, 6140090

Price: Annual Subscription Rs. 25/-

कांगड़ी विश्वविद्यालय

HOL-83
35898

Bharatiya Satsang

10/11/86

OCTOBER 1986 NEW ERA 43 VOL. VII NO. 6

25/-

THE KINGDOM OF HEAVEN IS NEAR AT HAND

Editor : Abhay V. Paranjpe

Publisher : Abhay V. Paranjpe for Fivefold Path Publications,
Shivapuri, Akkalkot, Dist. Solapur, Maharashtra,
INDIA.

In case your copies are not received by you, please inform the editor who will make necessary arrangements to mail them.

Bharatiya
Satsang

October 1986 NEW ERA 43 VOL. VII No 6

Homa Therapy Farming-Our Experience

Mike Billian
Joni Flitt

The nature of Homa Therapy Farming is such that it can be applied to all organic farming methods. Homa Farming techniques will be a vital improvement to your established farming system. We tend to align ourselves with the raised bed and intensive culture systems of agriculture. Some of these methods will be explained in detail later, within the contents of this article. We were drawn towards the raised bed/intensive system because it makes more efficient use of soil space, fertilizer, water resources and your time.

You might say a garden begins during the winter months. Use this time to study your seed catalogs and purchase your seeds. In order to establish the varieties and quantity of each seed to order we recommend drawing your garden layout on a piece of graph paper. The size of your garden depends on your requirements. Your choice of seeds depends on several factors:

1) Your family preference
2)The amount of time it takes to care for, harvest and preserve your crop
3)The amount of space available to both grow the plants and store their produce.

Make the garden plan to scale and mark the distances between rows or growing beds. Schedule early, mid season and late crops. Remember that all plants have a specific growing season and should be marked with the planting date on your diagram. This will also help you to avoid a sudden yield of any one crop.

Once your diagram is drawn, choose a site if you do not already have one. Some factors to consider when choosing a garden site are:

1) The amount of sunlight the garden area will receive. At lease six hours of direct sunlight is suggested.
2)The area should have good drainage and should not be on a steep slope.
3)Try to locate the garden near a source of water for watering purposes.

Try not to overextend yourself. Before deciding on the size of your garden establish the amount of time, tools and energy your family will need to spend working in the garden. New or inexperienced gardeners should start in a small way. You can always expand the garden later in the season or in years to come when you have a better idea of your own needs and limitations. It is important that you are not discouraged by taking on more than you can handle.

Once you have planned your garden do a soil test if this is possible. This is a way to find out just how much organic fertilizer and pH modifiers your soil requires.

Begin Agnihotra Homa in the center of the area to be planted and save the ashes for later use in your planting operations. Collect or purchase manure, agricultural ground limestone or any other soil improvers you might want to use.

When you get the results of your soil test you will have a reading on the levels of nitrogen, phosphorus and potassium present. If you find you have a deficiency in one area you can add:

Nitrogen	Compost, cottonseed meal, liquid seaweed
Phosphorus	Rock Phosphate
Potassium	Wood ash, green sand

You will also have a reading on the pH level, i.e., the acidity-alkalinity level of the soil.

- To raise the pH level in the soil add ground limestone.
- To lower the pH level in the soil add organic materials such as oak leaves, oak saw dust, cotton seed meal, acid peat moss or acid muck from swamps.
- Compost is the most valuable soil additive. Not only does it contain many of the nutrients that your plants require but compost also acts to buffer any excess acidity or alkalinity that may exist in your soil. Your next important step, then, is to begin collecting materials to establish a compost pile.

Compost

Compost is one of the best organic fertilizers you can give your crops, especially when made with Agnihotra ash. Compost is made up of organic materials which have been broken down into humus by microscopic organisms, earthworms, and other soil life. Humus is the end product of composting. The addition of humus into the soil is of primary importance to the organic farmer. Humus improves soil structure, tilth, and the ability of the soil to hold air, water and nutrients. No amount of chemical fertilizers can give the soil what it needs to maintain good structure and nutritional quality and at the same time keep the soil 'alive.' When you use compost you need not worry that you are over-fertilizing your plants or poisoning the environment with man-made chemicals.

Often compost is made by layering materials in a pit in the ground. For this purpose a pit is dug to the size appropriate for the amount of compost you want to make. A pit offers easy access to worms and all other organisms which work to break down the compost. Try not to locate the pit in a low lying area where it might fill up with water.

Compost can also be made in a pile, either free standing (just pile the materials up) or in a bin. To make a compost pile pick a level spot which is near the garden. A bin can be made out of wood or wire fencing, pallets, cinder blocks or even bales of straw. It is helpful, though, if air holes of some sort remain in the walls of the bin, for aerobic bacteria, which work to break down the organic materials.

A suggested size of the structure would be five feet high by six feet wide by as much as thirty feet long, though any size you chose will be alright. More than one bin is suggested as the materials must be aged and turned periodically. The compost bin can be three sided, or four sided. If it is four sided, one wall should be removable so that compost can be turned or removed for use in the garden. The floor of the compost pile should be bare ground so that the beneficial bacteria and earthworms can get in.

Suggested materials for composting include fine brush or wood chips, grass clippings, kitchen vegetable wastes, leaves, soil, saw dust and various animal manures. Mineral supplements such as rock phosphate, agricultural ground limestone and greensand are also good to add.

Begin the compost pile with a thick layer of coarse material such as broken brush corn stalks, or wood chips. Then add a thick layer, about five to eight inches, of grass clippings or vegetable kitchen scraps. Sprinkle a thin layer of Agnihotra ash which you have saved from doing Agnihotra in your garden or home over this. The Agnihotra ash energizes the compost which will facilitate better growth of crops later on. Next add a layer of chopped straw, leaves or other dry vegetation and another layer of Agnihotra ash. At this point if you want to use manure and it is available, a two inch layer of animal manure can be spread over the layer of dry vegetation. Add another thin layer of Agnihotra ash. Then add a thin layer of soil. The soil layers can be just an eighth to a quarter inch thick but are important because with the soil you distribute earthworms and microbiotic life so necessary for decomposition.

Continue this layering process in this manner or sequence alternating between moist and dry materials and always sprinkle Agnihotra ash over each layer. Mineral supplements, if necessary, may also be sprinkled throughout the pile. As you add each layer to your compost pile it is a good idea to wet the layers with some water if a water source is nearby; otherwise you must rely on rainfall to thoroughly moisten the compost pile. Moisture is necessary for even decomposition to take place.

As decomposition begins to take place the compost pile will heat up. Check the pile in two or three weeks. At this time it can be turned and aerated. This is done by shovelling or forking the material into another bin next to the first bin or by inserting several hollow pipes into the pile and working them around. If you choose to turn the compost pile try to ensure that materials that were at the outer surfaces of the pile are placed on the inside of the new pile so they can decompose completely.

Agnihotra ash works by what is called *Devayana* process in ancient texts. Hence even a small quantity goes a long way to energize the compost as this is based on the subtle energy functioning of *Homa* atmosphere.

Homa Therapy Soil Preparation

Whatever method you use to prepare and plant your farm there are some basic practices of Homa Therapy Farming that will help. Regularly perform Agnihotra at sunrise and sunset in the center of the farm.

A minimum of one person should do Agnihotra at sunrise and sunset. If more people are available each one can do Agnihotra and thus more Agnihotra ash could be available. A small gazebo or platform can be set up so that Homas can be done comfortably, even in inclement weather.

For basic Homa Therapy Farming, Agnihotra should be done at sunrise and sunset every day on the farm. It should be done at least from early spring until fall frosts and if possible throughout the year. Other Homas can be done to enhance the basic healing cycle created by regular performance of Agnihotra. Vyahruti Homa can be done at specific intervals during the day or anytime of the day other than sunrise and sunset. Om Tryambakam Homa should be done for four hours anytime of the day or for two hours after morning Agnihotra and for two hours after evening Agnihotra and for the entire twenty four hours on full moon and no moon days to coincide with atmospheric variations. This helps establish a strong healing cycle which is further intensified by the feedback effect coming from the plants. By beginning these Homas early in the spring, you enrich the soil and the atmosphere around the planting area with nutrients and life sustaining energies in the preparation for the planting of seeds and seedlings.

Before tilling or digging the soil sprinkle Homa ash, especially Agnihotra ash, over the soil along with your other organic fertilizers. The introduction of Agnihotra ash not only helps maintain soil fertility but also energizes the soil imparting subtle energies that aid plant growth. If you do this operation by hand on a small farm it is suggested that you spread the ash keeping your hand close to the ground or wet the ash slightly, enough to make it heavy. Otherwise, much of the ash will be carried away by the wind. If you are just starting Homa Therapy farming and do not have much Homa ash accumulated, save your ash for planting and transplanting.

As stated earlier, *Homa* Therapy can be practiced with any organic farming methods you choose. If however you decide to use raised beds as mentioned in this brochure you may wonder what the advantages would be.

Advantages of Growing Crops in Raised Beds

The soil level in a raised bed is best elevated by a process called double digging. Optimally, the process of double digging loosens and aerates the soil to a depth of approximately two feet. The digging operation, plus the addition of compost, manure, Agnihotra ash and other soil improvers during the digging creates the bulkiness to raise a bed's soil level and energywise the soil is activated.

A raised bed garden is divided up into beds and paths. In fact the paths divide one raised bed from another. The raised bed can be up to one foot in height and is usually three to five feet wide. The length of the bed varies with each garden but is typically at least twice as long as the bed width.

If the same bed is worked year after year and organic matter is added often, the bed level will rise and the soil structure and quality will improve.

In conventional farming each row of crop is separated by a wide space. This spacing between rows leads to a great deal of soil erosion. Soil nutrients and organic matter are constantly being washed away along with any chemical poisons that may have been applied to the fields. Of course this leads to depleted farmland and muddy, polluted water resources. In a raised bed 'intensive' planting system the problem of erosion is very much reduced because a maximum of your planting area is filled with growing plants.

To grow the plants by 'intensive' planting system means the soil is fertilized only in the beds and not in the paths and that the seeds or seedlings are planted so close within the beds that the outer leaves of each fully grown plant barely touch the outer leaves of the plants around it. When plants are grown in this manner they create a 'living mulch' over the raised bed. This means when the leaves of the plants spread over the bed and touch one another they shade the soil, thus stunting the growth of weeds and slowing the evaporation of moisture from the soil. A mini-climate is created within the boundaries of the bed by the plants themselves. Under this canopy of leaves the air stays moist and humid; therefore the plants tend to lose moisture at a much slower rate. This canopy of leaves also traps the dew which forms on the undersides of the leaves and on the soil under the plants.

Considering all these factors plus the benefits in performing Homa in the garden, one can see the result is that much less watering or rain is required for your crops.

"Soil in Homa atmosphere holds moisture better than any soil. It is due to the ghee and the feedback effect of the Homa on the atmosphere. When the nutritional rain comes, the nutrients and moisture are held as a unit in the soil. This makes for better quality vegetation. It seems fantastic, but is true." (Excerpt from Farming Bulletins published by Agnihotra University.)

Also advantageous to the growth of plants is the good tilth of soil which a raised bed maintains. It is very important for a plant's roots to exist in a loose, friable medium to allow for easy growth and absorption of water and nutrients. A surprisingly high percentage of plant nutrients are airborne and can be absorbed by a plant's roots if the soil is well cultivated. This is especially true where Homa is done on the farm.

"When Homa is performed, ghee is mixed with the nutritive elements in the atmosphere, producing a nutritional food for all life on the planet." (Excerpt from Farming Bulletins published by Agnihotra University.)

The raised bed provides such an ideal soil environment. This is true because the soil is well mixed with air and moisture holding organic material. Earthworms and other beneficial soil life thrive better in such a soil. Furthermore, the raised bed is never walked upon. When a person steps on the ground close to a plant, his foot compresses the soil around the stem and roots. This makes it extremely difficult for the plant's roots to grow and for air and water to penetrate the soil surface.

Some further advantages of growing your crops in raised beds are:

1) Extension of your growing season. Soil in a raised bed can be worked earlier in the spring. This is because the surface of the bed is more exposed to sunlight and air. The raised bed also has better water drainage than a conventional garden plot.
2) Water absorption is better since soil is loosened down to two feet below the surface of the bed.
3) Seeds and young plants will not wash out in a heavy rain, as very few gullies form on the raised bed surface.
4) A well tended raised bed garden has a neat, well organized appearance and is much easier to plan.

How to Make Raised Beds

You make raised beds by the double dig process. Knowing the full dimensions of your garden area make a diagram which shows the length and width of all the beds and paths and how they will fit together. Remember that you would be better off keeping the beds in the exact same place every year.

Some factors to consider when you are planning your garden are:

Slope of the land—beds or rows should lie lengthwise across the slope to catch rainwater and also to stem erosion.
Path of the sun as it passes over the garden—tall plants should not shade smaller plants.

Leave a place in the exact center of the garden for performance of Agnihotra and other Homas. The size of the bed is up to you.
Recommended size is three and one half to four feet in width by whatever length you find works with your area. A bed thirty feet or longer should have a cross path dividing it to facilitate the gardener's ease of movement around the beds. The paths should be wide enough for both walking around and working on the beds comfortably; preferably eighteen to twenty inches in width is recommended.

Perform a soil test to determine the amount of plant nutrients and pH modifiers you will need to add to the soil to balance it. Have the necessary materials ready when it is time to dig the beds.

The next step is to make sure that the garden soil is ready for digging. The soil should be evenly moist but not wet and sticky. It should not be dry, hard and difficult to penetrate either. The soil, prior to digging, should crumble fairly easily when a handful is squeezed and dropped. If the soil is too dry, soak it with a garden hose or wait for a good rain, then let it dry out for a few days until it reaches the right degree of moisture content.

Using your garden diagram, measure out the beds and pathways. At the corners of each bed a stake can be driven into the ground. Beginning with the first bed, tie a cord around the stakes so that the cord forms a rectangular border around the bed. This will be your guideline for digging a neat, straight bed.

Using a spading fork or shovel, loosen the soil down to 12 inches within the bed you have corded off. Remove large rocks and clumps of weeds at this time. Next, spread a thin layer of Homa ash over the bed. Then quickly spread a one to three inch layer of Homa ash over the bed. Then quickly spread a one to three inch layer of compost of aged manure over the layer of Homa ash. This way the Homa ash will not blow away if it is a breezy day. Work the ash and compost or manure into the soil with a spading tool. Now you are ready to start the double digging process. The objective of double digging is to loosen and aerate the soil to two feet below the soil surface. If you have difficulty reaching this depth in new beds, begin with a shallower depth and gradually work towards the goal of two feet when you double dig again.

Beginning at one end of the bed, dig out a trench one foot deep and one to one and a half feet wide. If you have one, use a flat, square bladed spade as it will make digging a square trench of equal depth easier. Take the soil from the trench to the opposite end of the bed and pile it outside the bed area (see figure 2). You can move the soil in a wheel barrow or with a shovel.

Using a spading fork or a spade, loosen the soil at the bottom of the trench to a depth of one foot. Try to break up and aerate the soil with your tool. You can stand in the trench as you work (see figure 3).

3). Begin the next trench adjacent to the first trench. Dig the second trench one foot deep and one and a half feet wide as you did the first one. As you dig, throw the soil forward into the first trench until it is filled and the new trench is dug out (see figure 4). Try as much as possible to keep from mixing soil layers as most nutrients and beneficial microbiotic life is found in the

The Double Digging Process: Figures Show Cross-Section View

Figure 1

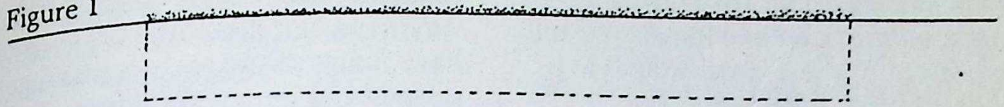


Figure 2

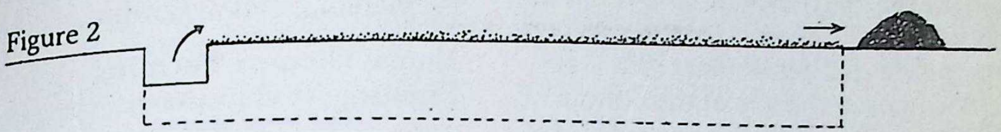


Figure 3

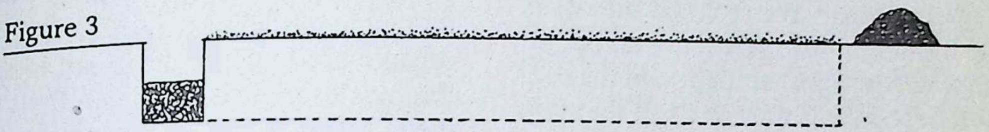


Figure 4

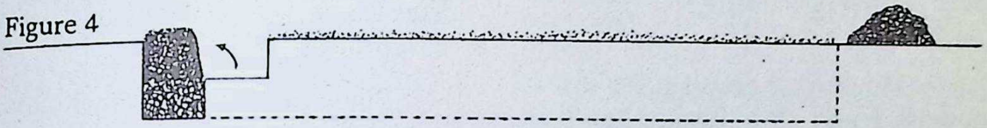


Figure 5

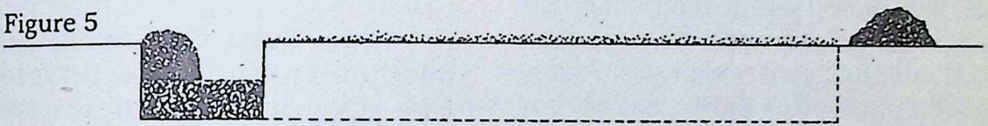


Figure 6

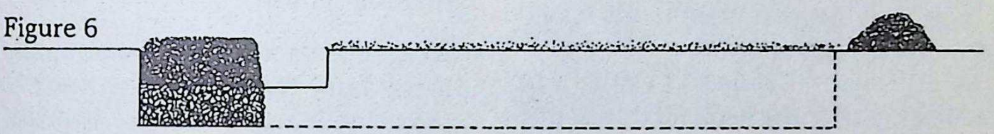


Figure 7

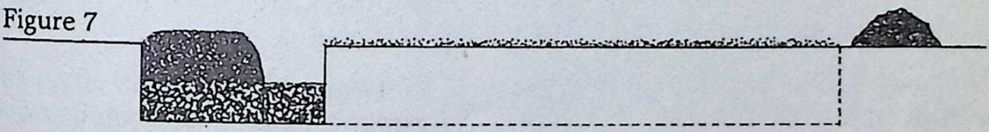


Figure 8

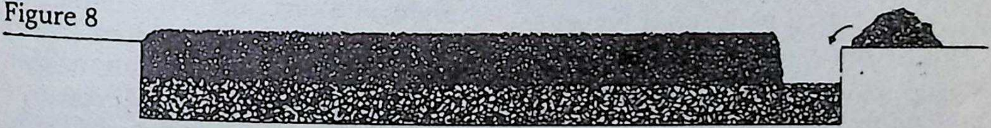
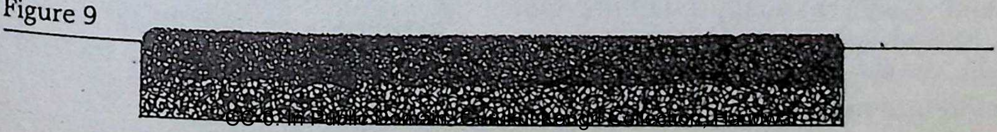


Figure 9



upper six inches of the soil. Using a spading tool, break up and loosen the soil at the bottom of the second trench to a depth of one foot (see figure 5).

Begin the third trench. Dig it out by throwing the soil forward into the second trench as you did before in step 8 (see figure 6). Loosen the soil at the bottom of the third trench to a depth of one foot (see figure 7). Continue the process of double digging until you have reached the other end of the bed. Now you have an open trench which remains at the end of the bed. Fill this last trench with the soil that you removed from the very first trench (see figure 8). The double digging process is completed (see figure 9).

Note: While you are digging, it is advisable to stand on a digging board (a 5/8" thick plywood board, 3 to 4 feet square) which you can place on the bed and stand on as you work. The digging board distributes your weight to avoid compacting the soil in the bed before you have dug it.

Now, any needed organic nitrogen, phosphorous, potassium and pH modifiers as indicated in your soil test can be spread evenly over the bed and mixed into the top three or four inches (ten centimeters) of the soil. The surface of the bed should then be tamped lightly and shaped evenly.

Wide Rows:

Wide rows are recommended as an alternative to raised beds, on a bigger farm. Wide rows are different from raised beds in the way they are made, though similar in many other characteristics. You can make wide rows with a tiller, tractor or by hand. They are usually 1-1/2 to 5 feet in width and can be as long as your garden or field. Wide rows are not deeply dug and therefore are not raised. They can be fertilized and planted in much the same way as raised beds are. Wide rows do have many of the same advantages of raised beds i.e. much more soil space is used to grow crops, and much less weeding watering and cultivating.

Homa Therapy Farming Planting Techniques

For the planting of your garden crops, Homa Therapy farming offers the following guidelines. Use preferably organic seeds which have not been chemically treated. You can treat the seeds you plant by following Homa Therapy methods to make them more disease and pest resistant and to give them an initial boost.

Place the seeds in paper cups or jars and label each container with name of the seed.

Cover seeds with a small amount of fresh cow's urine and soak the seeds for at least two hours. Make sure that seeds mix well with the urine, and that none are floating on top.

Note: Cow's urine can be obtained from a local dairy farm. The best time to catch the urine is when the cow is being milked as the cow is usually penned or chained at that time. Catch the urine in a bucket and pour it into a jar.

Drain the seeds and cover them in fresh cow dung. Seeds can be mixed with enough dung to coat them thoroughly. The dung and seed mixture can then be spread out to dry on paper plates, screens or boards. Take care to continue keeping the groups of seeds labeled. If you are planting a small amount of seeds and if the seeds are not too small, each seed can be wrapped in an individual bit of cow dung. This is one way to keep track of all the seeds you plant.

Some seeds cannot survive complete dehydration after having been moistened, so it is advisable that the seed-dung mixture be dried until just damp-dry. The mixture can then be crumbled easily and sowed down a planting row in your garden or planting pots or flats.

Try to correlate the planting of your seeds to the phases of the moon, as this has much to do with the success of gardening. Plant on no moon or full moon days depending on the type of seed planted. Try planting root crops (potatoes, onions, carrots) on or as close to the no moon day as possible and above ground crops (tomatoes, corn, peas, etc.) on or as close to the full moon day as possible.

An interesting study was done at New York State University which supports the planting of crops by moon phases. After studying weather records dating back some 90 years, researchers discovered that in the week following both no moon and full moon the incidence of heavy rains was up to three times greater than the week preceding the new moon.

When you plant the seeds try to be full of Love, do Mantra, try to be clean in body and mind.

Always plant the seeds with Agnihotra ash. Ash can be sprinkled along with the seeds down each row. If possible while planting, especially if on a smaller scale as when gardening, if a little water is put on the right hand when the seed is given to the earth and Mantra is done blessings are carried to the seed. The seed will be fertile and will bear fruit.

When transplanting seedlings to the garden be sure to plant them with Agnihotra ash around the roots. Planting or transplanting should never be done in the heat of the day.

Women in their monthly period should never plant nor venture near the garden.

Starting Seeds Indoors:

Seeds are started indoors to get a jump on the growing season and to give cool weather crops a timely start. A good planting mix can be made by combining one gallon of peat moss with one gallon of vermiculite and two tablespoons each of lime and Agnihotra ash. Add enough water to moisten the ingredients and mix well. No plant food should be added at this time. Once the plants are up you can feed them with Agnihotra plant food solution. (See *Daily Care of Garden* for how to make this.) To plant the seeds you have treated, spread the planting mix at least a few inches deep in flats or pots. Make small furrows or holes in the soil mix. Next, distribute your seeds in the furrows or holes. Follow the guidelines as stated in the *Homa Therapy Planting Techniques* section. Sprinkle some Agnihotra ash over the seeds and cover them with soil as directed on the particular seed packet. The addition of *Agnihotra* ash gives subtle energy, minerals and other nutrients to the newly sprouting seeds. Water the seedlings with Agnihotra plant food as they grow.

Transplanting:

When seedlings have two sets of leaves they are ready to be hardened off and transplanted to the garden. Hardening off means allowing your seedlings to get a gradual exposure to outdoor temperature, wind, sunlight etc. Start by putting the plants out for a few hours a day and gradually increase their exposure for seven days.

Once the seedlings are hardened off you are ready to transplant them into garden beds or rows. First give the flats or pots a good soaking with Agnihotra ash plant food solution. Dig a hole for each transplant at a spacing determined from the seed packet or a planting chart. Put a handful of compost in the bottom of the hole and then sprinkle a teaspoon or so of Agnihotra ash over the compost.

As you separate the seedlings or remove them from their pots care should be taken not to damage their fragile roots nor should you allow them to dry out. This is a critical stage in a plant's development. If the small plant is damaged growth may be stunted. Set the seedling in the hole deep enough so that when the soil is filled in, the first set of leaves is covered. Then give the plants another soaking with the Agnihotra ash plant food solution. Agnihotra ash food and food solution help minimize the shock of transplanting and give the seedling initial energy for growth.

If you are transplanting your young plants into raised beds or wide rows here are some methods you can follow that are geared specifically for this.

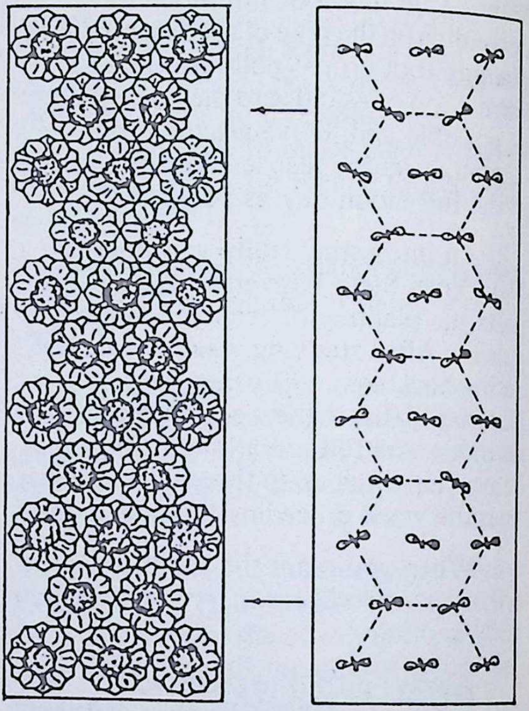
Hexagonal Planting:

Planting seedlings in a hexagonal pattern is done to maximize the usage of space in your planting beds. Each plant is spaced at the same predetermined distance to its nearest neighbor. Many plants may be spaced at the minimum distance recommended on packets or charts, or even as close as 3/4 of that distance though you will learn from experience what distances work best. The main point is to plant the seedlings so that as they mature, their outermost leaves spread out to one another and create the 'living mulch' and 'miniclimate' described earlier in this article.

To plant in a hexagonal pattern:

Let's say you are planting broccoli seedlings in a bed 4 feet (48 inches) wide and you want each plant to be 16 inches apart. To create a hexagonal pattern you will plant in alternating rows of 3-2-3-2 (see figure 10).

Start at one end of the bed and measure in from the edge of the bed 8 inches. Plant one plant at the center of the width of the bed (24 inches from either side). Next plant 2 seedlings, on either side of the center plant at a distance of 16 inches from the center plant and, 8 inches from the sides of the bed. You now have your first row of 3.



Measure along the bed 16 inches from the first row of 3. Measure in from each side of the bed 16 inches and plant a seedling. This is your first row of 2.

Measure along the bed another 16 inches for your second row of 3. Plant seedling at the center of the width of the bed and then one on either side, 16 inches from the center plant.

Continue planting in this manner

until the bed is completely planted.

Notes: Each variety of plant will require a different spacing. Plants that can be grown closer together can use a row pattern of alternating 3-4-3-4 or 4-5-4-5 etc. A few sticks cut to some common planting distances can be very helpful as measuring tools.

Seeds can also be planted in hexagonal patterns. But as not all seeds germinate, it might be wise to plant more than one seed per space and then thin the plants after the seedlings come up.

Broadcast Seeding:

One way to sow seeds in a bed or wide row is called broadcast seeding. This means scattering seeds uniformly over an area of soil at a density pattern appropriate for the kind of seeds you are sowing. Crops that grow well in close proximity to one another or are not in need of critical spacing are especially suited for broadcasting. Leaf crops such as swiss chard, leaf lettuce, spinach, kale, mustard; root crops such as radishes, beets, carrots, turnips; and legumes such as peas, bush string beans and soybeans all are well suited to broadcasting.

Prior to broadcast seeding, the soil should be well cultivated and smoothed out. Agnihotra ash can be spread and mixed with the soil at this time or mixed with the seeds and sown along with them. The small seeds of the leaf and root crops are easier to sow since they need little or no help working into loosened soil. However avoid broadcasting small, light seeds on a windy day as the seeds may blow away. Larger seeds such as beans and peas need to be sown at a depth of around one inch. One way to get the seeds to this approximate depth is by working the seeds into the ground with a garden rake or with a very shallow pass of your tiller.

Another way involves a simple planting system. Start with a freshly cultivated area or dug bed. Using a garden rake or hoe pull about one inch of top soil off to the side of the bed or wide row to be planted. Smooth the planting area with the back of a garden rake. Now broadcast your seeds evenly being careful not to leave any bare spaces or bunches of seeds. Using the flat side of a garden hoe, tamp the seeds down gently but firmly. Lastly you must replace the one inch layer of soil over the tamped down seeds. To do this pull the soil gently back over the seeded area with your hoe using a lifting action. Level out the soil so seeds are covered evenly and tamp lightly with the hoe. With a little practice broadcasting seeds becomes very easy.

Multiple Rows:

Yet another excellent way to sow seeds in a bed or wide row is by planting in multiple rows. Two, three, four or more rows of seeds are sown close to one another so that as the plants grow they form the same miniclimate and living mulch described earlier. This method is especially suited for crops that need more space regulation. Make use of companion planting with this method by planting alternate rows of two compatible crops, side by side.

1. To make multiple rows begin with a loose, level seedbed.

2. Mark off rows with a string tied to two stakes. The string should be as long as the beds or rows you are planting. Figure out how far each individual row will be from its neighbors and how many rows will fit within the width of the bed or wide row. Generally speaking, rows of greens and root crops such as carrots and beets can be planted 4 to 6 inches apart. Rows of peas and bush string beans can be planted 5 to 8 inches apart. Larger plants such as broccoli, peppers, and bush lima beans

will need much more room between their rows. Choose the right distance for your rows after taking into account the recommended between-plant distances and the necessary working space for weeding or cultivating between the rows.

3. Using a corner of your garden hoe make a furrow along the string you have used to mark the row.

4. Sow the seeds in the furrow following Homa Therapy methods. Tamp the seeds gently in place and cover them with proper amount of soil.

Intercropping:

Often when you space plants by the previously mentioned hexagonal method you will find you have a lot of extra space between plants in the beginning. So to really make your space more efficient you can plant smaller quick growing crops in these open spots. This is called intercropping.

Some suggested plants for use as intercrops are onions, shallots, radishes, lettuce, spinach, and other greens. Use intercropping with mainstay crops such as broccoli, cabbage, cauliflower, peppers, eggplant, tomatoes and potatoes.

When planting these differing varieties of crops close to one another you might want to consider companion planting.

Daily Care:

One of the most important aspects of daily care of your garden or farm is the performance of sunrise and sunset Agnihotra. It does so much for the entire ecosystem.

How does Agnihotra help the area in so many ways?

The following information is based on Homa Therapy Farming Bulletins 1-8 published by Agnihotra University. When crops are grown in Agnihotra atmosphere be sure that maximum yield is realized by doing Agnihotra in the center of the farmed area and then on the four extreme corners of the farm North, South, East and West.

Whenever possible one should attempt to do Agnihotra at a central location on the farm or in a garden throughout the year. If the farm exceeds 200 acres and if you have the personnel you can do Homa in the interior. It will speed up the nutritional process. When finished do not put the ash in only one place, spread the ash around.

A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science perhaps does not lay so much stress on atmosphere but it is one of the biggest factors due to the oxygen recycling system. Also if the atmosphere is filled with nutrients the plant becomes especially happy when this is done by Homa process.

Daily performance of Agnihotra in the center of the planting area energizes the plants and gives them the nutrients they need to flourish.

When Agnihotra is done, there occurs a turbulence of electricities and ethers created by the combined effects of Mantras, fire and pyramid energy thrust into the atmosphere, extending all the way to the solar range. This turbulence causes a swift upheaval of the nutrient structure in a given area resulting in a recombination of elements that increases the quality and potency of nutrients in that area.

A strange phenomenon occurs when plants are bred in Agnihotra atmosphere. An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is being done in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is provided by regular practice of Agnihotra in the area. This gives the plant the ability to maintain maximum growth and yield levels. At the same time a feedback of Love is given to the entire area helping to negate the effects of thought pollution.

Cultivation:

Cultivation or aeration of the soil is a very important part of garden maintenance. Cultivation aerates the soil sending airborne nutrients to the roots of the plants. Here again this is especially beneficial in Agnihotra environment. Special care is to be taken not to disturb the roots. Do not dig down too deeply near the plants; 1 or 2 inches is a sufficient depth. The soil further away from the plants can be more deeply cultivated.

Aeration allows the roots of the plant to grow more freely, as loose soil promotes easier growth allowing each plant to extract the nutrients it needs effortlessly. When the ground is too hard the plant has a difficult time; it has to work harder pushing through the heavy soil in search of nutrients.

The hexagonal and other suggested methods of plant spacing creates a situation in which it is difficult for weeds to grow, although some weeds may appear. Pull up any weeds growing too closely to your crop as soon as they appear as they may interfere with the root development of the plants. This could severely damage the vitality and nutritional value of the crop. Weeds growing closely to your plants can be pulled out by hand. Weeds growing between the rows can be hoed or tilled under. Use these discarded weeds in your compost pile.

Agnihotra Ash Plant Food:

An excellent plant food can be made for fertilizing your plants as they grow. To make Agnihotra ash plant food solution, put 2 to 4 tablespoons of Agnihotra ash plus a handful or so of powdered dried cow dung into a gallon of distilled water and mix well. Let this mixture stand for three days and then strain. Plants will thrive if watered with this solution and Love.

It is often recommended that while growing crops, you side-dress them with some sort of fertilizer. An important time to do this is when the plant starts to blossom. At this stage the plant needs extra food to develop fruit and more buds and blossoms.

It is helpful to cultivate around the plants prior to side-dressing. By doing this nutrients gain access into the soil. Use Agnihotra ash plant food solution as a side-dressing. Other side-dressings can include compost, Homa ash, dehydrated manure, or alfalfa meal. (Alfalfa meal can be obtained at many garden or feed stores.)

Mulch:

Mulching is a garden practice in which you cover the surface of the ground surrounding your plants with a variety of organic substances. Many things can be used as mulching material. Dried leaves, straw, grass cuttings and tree bark are just some of the selections. Combining different substances and even mulching with compost are other possible variations of this practice.

Mulch makes it difficult for weeds to grow. This not only saves you time but much physical labor as well. Mulching has so many possibilities. It can feed, maintain and protect your plants. It retains about six times its own weight in moisture and makes that moisture available to your plants over a long period of time. This is especially helpful during hot and dry weather.

Start your plants in sun-mulched soil, the germination process will be sped up by the sun warming the earth. When these plants are a few inches high they can be mulched lightly. Keep in mind that if you live where the climate is cold in the early spring, mulching from the time that you plant could save your seedlings from a killing frost.

Homa ash can also be mixed with mulch. It will act as fertilizer, and if spread in a circle around the base of the plant, will deter insect infestations. Mulching is not absolutely necessary in a closely planted bed as the 'miniclimate' will act as a living mulch.

Ground covers can act as living mulch. Planted between the rows they make it easy to care for the garden and create better water retention in the soil. These ground covers also add greatly to the beauty of the garden. Some examples would be baby's tears, sedum, sod, moss, and some grasses.

Protecting the Plants From Insects and Disease

One of the major reasons many gardeners or farmers take to the use of chemicals is to fight insects and disease. Unfortunately the consequences of such methods extend beyond their target and adversely affect every part of nature. Of course most farmers and gardeners do not want to poison birds, animals, beneficial soil life, or pollute land and water resources. *The problem is they feel that they have no other choice.*

When farmers use chemical fertilizers they know they will require larger or stronger doses of the same as days go by. Then they feel forced to spray insecticides, pesticides, herbicides, as insects become immune to these chemicals and also to the cold. Scientists might begin to note that insects start cross breeding while they search for more potent chemicals to destroy them. All of these poisons ultimately affect the soil and pollute the water. They seep into underground water resources, eventually polluting the oceans and destroying species of marine life. We reach a point when the soil becomes incapable of supporting life, crops simply refuse to grow. The combined effects of many polluting factors seriously hamper nature's recuperative capacity.

How long can Mother Earth and her inhabitants take the inundation of all these chemicals? Already many species of plants and animals have disappeared due to man's misuse of chemical technology. Vast expanses of land are becoming useless. One begins to wonder if the soil can be reclaimed in time. So what is the way out? Can we grow healthy crops free of insect damage without the use of these harmful chemicals?

Suppose we attack the problem from a different angle. Make the plant stronger and therefore more disease and pest resistant. Help bring nature more into harmony by these special Vedic processes. *This can be done by Homa Therapy methods.*

If enough Homa is going on in the vicinity of your garden, plants are able to manufacture a protective coating. This is due to the chemical makeup of the plant interacting with the conditions created by Homa atmosphere. Due to the Homa mantras, the vibrational content of the atmosphere also contributes to the ability of the plant to resist insect infestation.

It may not always be possible to prevent insect and disease problems from disturbing your garden, but there are some easy methods to correct most situations. Use Agnihotra ash on the leaves, fruit, flowers and buds, wherever insect infestation is a problem. Spread the ash around the base of the plant as well.

An excellent plant spray can be made by making a solution of powdered Agnihotra ash and distilled water. Mix a small amount of Agnihotra ash in the water and allow it to sit for three days. After the third day stir the solution and pour it through a filter such as paper towels. Use this to spray the affected plants. In the case of a diseased plant, water the plant with the Agnihotra ash solution twice daily just before sunrise and within one hour after sunset. As you work with the plants talk to them and tell them to be strong. Be full of Love but with compassion not pity. Aerate the soil around the plant every other day.

By doing all of this you can protect your plants from insects and disease. You can help them if they are ill. You can increase the nutritive quality of the plants manyfold. The atmosphere becomes nutritional, the rain becomes nutritional and the soil becomes nutritional and hence, crops become nutritional.

Following are some examples of the additional methods used by organic farmers to prevent or fight insects and disease which can be used in conjunction with Homa Therapy farming.

1. Rotate your crops. Most insects and disease are particular to only specific crops. For instance, potatoes are often attacked by the Colorado potato beetle, whose larvae will infest the soil where the potatoes have grown. So by moving the location of the potato patch to another area of the garden you discourage the beetle infestation. The larvae that winter over in the soil will not find the host plant when it comes up out of the ground in the spring to complete its life cycle.

2. Plant varieties of seeds which are hearty and insect and disease resistant. Avoid hybrid varieties because they are not as nutritionally complete as older species. They are usually developed to be resistant to many comon diseases but they may be very susceptible to others.

3. Try to ensure that your seedlings maintain uninterrupted growth, especially during transplanting as vigorous growth of healthy plants is one of the greatest deterrents to insect problems.

4. Eggs, larvae and adult insects can be picked off by hand or shaken off by hand or shaken off the plant into a paper bag. For instance, the Colorado potato beetle eggs are bright orange and can be easily spotted on the underside of the potato leaves and pinched off.

5. Stinging nettle, garlic, cayenne, tansy, horsetail and other herbs can be made into sprays and applied to plants to drive off certain insects.

6. Companion planting—certain plants because of the odor of their volatile oils can be interplanted among susceptible plants.

7. Keep up with your maintenance. Regular weeding, removal of debris will prevent many problems.

8. Insect damage often amounts to only a small percentage of your harvestable crop. Plant a little extra of the crops you know will be affected. Healthy plants are usually able to withstand small amounts of insect injury.

Harvesting

Planning your garden carefully will make harvesting easier. By practicing crop rotation and by staggering your planting times you will have a continuous yield rather than a sudden one. From late spring there will almost always be something to harvest. Vegetables have different growing periods. By following the progress of your plants you will know when they are ripe. Of course this will have to be learned with experience.

Vegetables should come off the vine relatively easily. Be careful not to injure the plant when picking so it can continue to produce for you. Do not wait for your vegetables to get too large. Smaller vegetables are often tastier. You should notice the superb flavor of your home grown vegetables as compared to those you buy in the store. Try to use the vegetables that you pick immediately as they lose some of their nutritional value within a short time of being off the vine. The time in which your crop ripens will depend largely on the weather in your area. Check the garden every day and make note of each crop's progress.

Storing vegetables can be done in the basement or a root cellar if you have one. Root crops such as carrots and beets can be buried in sand piles for winter use. Saw dust or sand placed in a crate will hold a great many crops. Pick only the healthiest vegetables for storing. Mold can ruin your harvest if it is allowed to spread through the storage area, so check all crops carefully and clean them off before storing. Drying fruit and vegetables in a food dehydrator, if you have one available to you, is probably the best way of preserving food. Experiment with different methods of storage to find what is the best method for you.

Saving Your Own Seeds

Collect and save seeds from your Homa garden for next year. Plants grown in Homa atmosphere will bear more fertile seeds of exceptional quality. Select the healthiest plants with the nicest shaped fruits. One rule for collecting your own seeds states: the first flowers from the first crops produce the best seeds. Be careful not to save seeds from hybrid plants because the seeds usually will not stay true to the parent plant. After collecting your seeds dry them well indoors and store them in labeled jars.

Homa

Homa is the process of purification of the atmosphere through the agency of fire, which is tuned to rhythms of nature. It is performed for purification of the atmosphere. It is stated that by inducing a change in the atmosphere you bring about changes in Prana (life energy). Prana and mind are like two sides of the same coin and hence the beneficial change is transposed to the realm of the mind.

Agnihotra, the basic Homa, removes tension from the mind. It unburdens the mind. You will soon notice that anger and greed become less and you feel free. This brings about happiness. You will notice that you are moving in a happy atmosphere if you practice Agnihotra regularly. Get rid of your emotional cycles; this leads to tranquility and peace.

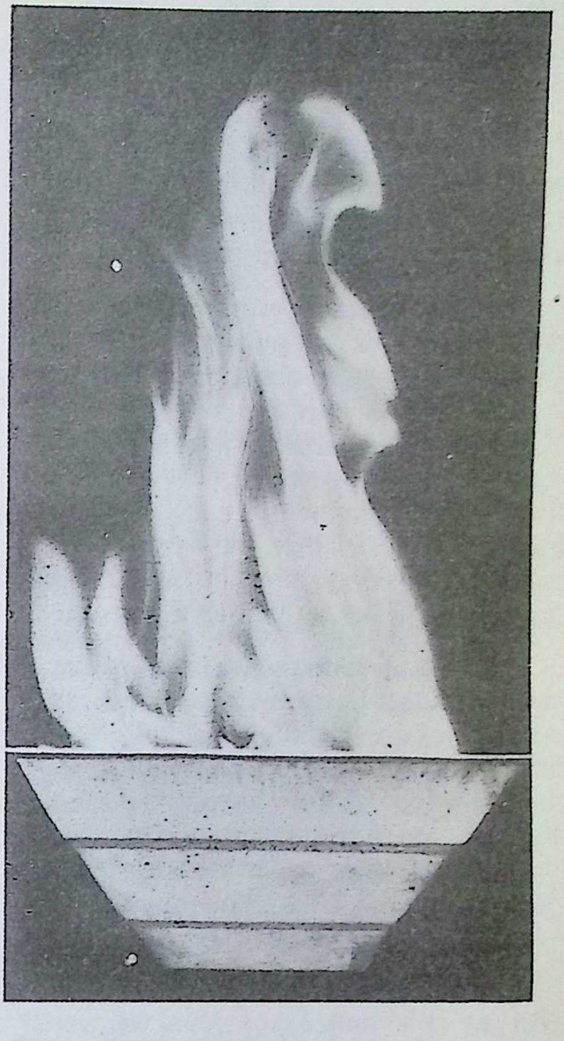
The layer of useful atmosphere surrounding the earth is very thin. Automobile pollution, pollution due to factory exhausts, water pollution, noise pollution, the disturbance caused to marine biology due to the disposal of nuclear waste in the oceans, the effect of radiation on human physiology, indiscriminate cutting of forests for raw materials, indiscriminate probings into the bowels of the earth for raw materials to feed the industrial complex, indiscriminate use of pesticides, insecticides, chemical fertilizers, deodorants—all these adversely affect the atmosphere. This leads to tension on the mind, an increase in the incidence of disease, nervousness, and psychiatric care. All this must go if we wish to be happy.

Agnihotra is a process of bioenergy given through Vedas. Vedas literally means knowledge. The word comes from the Sanskrit verb VID, meaning to know The English word wit comes from the same root. Vedas are the ancient-most word combinations known to man.

Vedas describe Agnihotra as a process of fumigation. Also, Agnihotra, if practiced regularly, yields great healing power to the atmosphere as well as to the individual. In all continents folk medicines are prepared from Agnihotra ash.

Agnihotra has three disciplines: burning of specific organic substances, Mantras and specific timings corresponding to one circadium rhythm of nature, i.e. sunrise/sunset. If you miss the timing then it is not Agnihotra.

Vibratory effects of certain metals such as copper and gold are known to the scientist. When specific substances are burned in a copper pyramid with a specific Mantra at exact timings of sunrise/sunset, a special effect is guaranteed to occur.



Sunrise and sunset are the timings for Agnihotra. You can find timings in an almanac which should be adjusted to local time, or you may consult the nearest weather station. We would be glad to help you find the sunrise/sunset timings. You need to tell us the latitude and longitude of your location. Cassette recordings of Agnihotra Mantras are available in exchange for a blank tape or its price equivalent.

If possible, keep one corner of your room set aside for Agnihotra. If you have plants growing in the room, you will soon notice that Agnihotra gives nourishment to plant life. Agnihotra ashes should be kept aside for use as plant fertilizer.

How to Perform Agnihotra

Tom Dorfman

(a) Agnihotra fire is prepared in a small copper pyramid of fixed size and shape. According to ancient traditions copper has healing properties.

(b) Agnihotra is performed exactly at sunrise and sunset. You can obtain the timings from a local almanac or a nearby weather station. In the ancient science of *Yajnya* it is stated that at the coordinate of the planet where the sun appears to rise, a flood of energy comes from the sun which consists of electricities and subtle energies. This flood effect lasts for a short time span. At sunset the flood recedes.

(c) For Agnihotra you need *ghee* i.e. clarified butter from cow's milk. You take pure, unsalted, unadulterated butter and heat it over low heat. The milk solids will rise to the top. Remove them with a spoon and also pass the liquid through a strainer, i.e. cheesecloth or paper towels. This is *ghee.* It will last a long time without refrigeration.

(d) Agnihotra fire is to be prepared with dry cow dung cakes. Here the word cow means male or female progeny of a cow. Take fresh cow dung from a cowshed and make small patties and let them dry in the sun.

In all ancient civilizations of Europe, North and South America, Middle East, Asia, Africa and Australia cow dung was acknowledged as a medicinal substance. In books written on folk medicine in European languages just at the beginning of this century you will find many references to cow dung as medicine,.

(e) A few unbroken grains of rice, preferably less polished rice, are the other essential ingredient of Agnihotra.

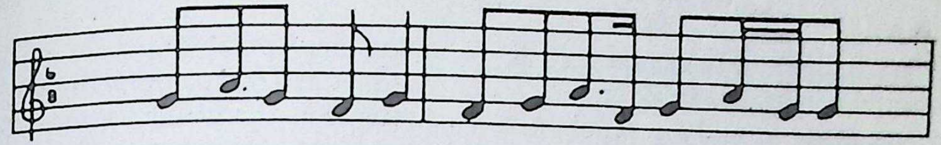
Place a flat piece of dry cow dung at the bottom inside the copper pyramid. Arrange other pieces of dung around on all sides in a way that air can pass through freely. Apply a little clarified butter *(ghee)* to a small piece of cow dung and light it with a matchstick and insert it in the dung arranged in the pyramid. No mineral or other oil is to be used to start the fire.

Light the fire a few minutes before sunrise or sunset so that the fire is fully ablaze exactly at sunrise and sunset.

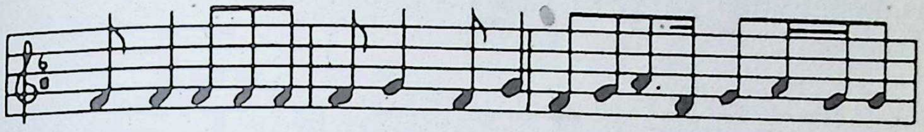
In your left palm or in a copper dish take a few grains of rice and put a few drops of clarified butter on them.

Exactly at sunrise and sunset utter the first Agnihotra Mantra and add the first portion of rice into the fire. Then utter the second Mantra and add the remaining rice into the fire. Grains of rice, as little as you can hold in your fingertips, constitute one portion.

Try to sit in the atmosphere of Agnihotra fire as long as you can. It is peaceful and healing.

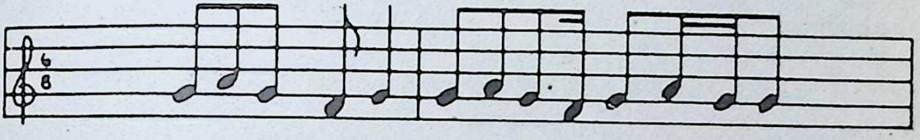


1. Sooryáya Sváhá Sooryaya Idam Na Mama
Add the first portion of rice.

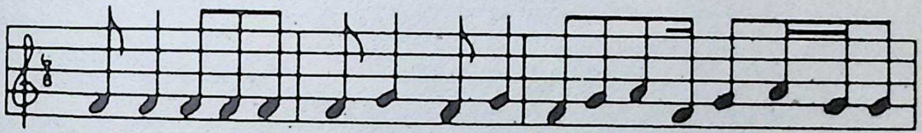


2. Prajapataye Sváhá Prajapataye Idam Na Mama
Add the second portion of rice.

This completes morning Agnihotra.



1. Agnaye Sváhá Agnaye Idam Na Mama
Add the first portion of rice.



2. Prajápataye Sváhá Prajápataye Idam Na Mama
Add the second portion of rice.

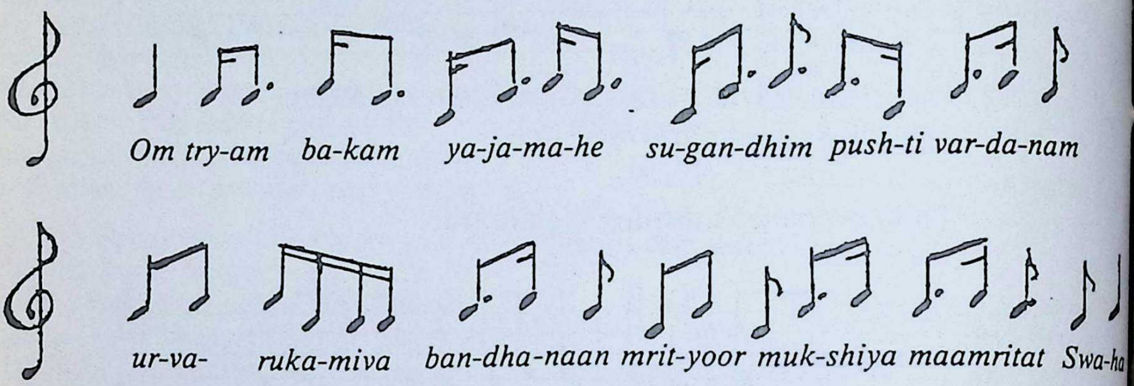
This completes evening Agnihotra.

(á is pronounced as 'a' in father.)

Om Tryambakam Homa

Tom Dorfman

Prepare the fire in the same way as for Agnihotra. Chant the following Mantra. After *swaha* add a drop of *ghee* (clarified butter) into the fire. Repeat the Mantra and add a drop of ghee into the fire. Thus you can go on doing the *Homa* for hours together. People can take turns doing this *Homa.* This way one can keep continuous *Homa* fire going which strengthens the healing atmosphere created by performance of sunrise sunset Agnihotra.


Om try-am ba-kam ya-ja-ma-he su-gan-dhim push-ti var-da-nam
ur-va- ruka-miva ban-dha-naan mrit-yoor muk-shiya maamritat Swa-ha

(All the above articles from US Satsang vol. Vol. 14, No. 4, 5, 6, 7, July 3 and 17 and Aug 7 and 21, 1986)

Bharatiya
Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्याल
हरिद्वार

19/1/4

NOVEMBER 1986 NEW ERA 43 VOL. VII NO. 6

THE KINGDOM OF HEAVEN IS NEAR AT HAND

Editor : Abhay V. Paranjpe

Publisher : Abhay V. Paranjpe for Fivefold Path Publications,
Shivapuri, Akkalkot, Dist. Solapur, Maharashtra,
INDIA.

In case your copies are not received by you, please inform the editor who will make necessary arrangements to mail them.

Bharatiya
Satsang

NOVEMBER 1986 NEW ERA 43 VOL. VII NO. 6

Old and New Homa in Japan

Shinichi Oneda

I was filled with mixed emotions and excitement as I landed in Japan, the country of my birth, after 22 years. My parents who live in U.S.A. were already there visiting and upon my arrival immediately took me on a fast paced visit to reacquaint me with my relatives. Initially the language seemed unintelligible as my relatives tried to converse with me. In the back of my mind I wondered how I would be able to convey the message of Agnihotra.

From Japan I went for a short visit to Shivapuri, Akalkot, India where I met *Satsang* editor Vasant. When I returned to Japan, my knowledge of Japanese had much improved. I stayed in Kyoto, the cultural and religious center of Japan. There I learned about the long, fascinating history of fire sacrifice "Goma" originally brought by Buddhists from India. The word *Goma* comes from Sanskrit *Homa* and hence we call Homa Therapy as Goma Therapy. I was exposed to this right away on my arrival at my ancestral home. The ancestral home is an important cultural link to Japanese who still follow the old tradition. I learned from my elders that my ancestors came from the Tendai sect of Buddhism. Tendai and Shingon sects of Buddhism brought Homa which became Goma in Japanese 1,500 years ago from India via China.

It was a small temple in Kyoto called Hongo-ko-In that I came across a stone carving of the sole of Buddha's feet similar to the one Shree has in Shivapuri. As I was listening to a priest in Kyoto talking about Amida Buddha, Buddha of salvation during the time of darkness, i.e., the coming of the new Buddha, I suddenly had the compulsion to mention about Shree. The priest listened with an amused look but as I talked, I felt Shree close to me as though I was back in India with Him. It is said in the Diamond Sutra that at this time many Bodhisattvas and attendants will serve the next Buddha, "the light of the world" in turning the Wheel of Dharma. I couldn't help but think that it was at least partly referring to Agnihotra and 24-hour round the clock Yajnya fire practiced since 1978 in Baltimore, U.S.A. that was part of turning the Wheel of Dharma.

Narita-San is the most famous temple of Shingon Buddhists in Japan. It is a few minutes ride from the New Tokyo

International Airport at Narita. There, in the main hall, the Shingon Buddhist fire ritual called *Goma* is conducted five times a day. *Goma* is a fire rite in which burning fire symbolizes the destruction of all roots of carnal desire. It is a ceremony for the purification of the individual. A flat prayer stick *(Goma-Gi)* is available to any person who wishes to offer a special prayer for his or her own health and welfare. The chief priest burns the prayer sticks he receives from worshippers at a special altar in the main hall of the temple. The word *Goma* comes from the Sanskrit word *Homa* which is used in the phrase Homa Therapy. However Agnihotra is presented as a science and not religion. There are Christians, Jews, Muslims, Buddhists and Hindus who practice this concise Agnihotra given by Shree.

In Japan, grace of Shree was quickly apparent as my father, a visiting professor at Kyoto, met a Sanskrit scholar, Dr. Hattori, who became instrumental in providing me an opportunity to witness a Shingon Goma ceremony. It was a double blessing as Dr. Hattori was the main translator of the Agnihotra pamphlet published by Agnihotra Press in U.S.A. fulfilling the suggestion made by Vasant. There were amusing moments during the translation trying to describe the Japanese equivalent of a window screen for drying dung, a medicinal substance used in the process of Agnihotra. Again it was a test of faith as I worried and pondered how I was going to accomplish this task.

I actually witnessed two Goma ceremonies, one semipublic and the other private with Dr. Hattori. Dr. Yoritomi from Shingon University in Kyoto had set up appointments along with another Vedic scholar at a small Shingon Buddhist temple. As we met our gracious host, the performer of the cermeony, a discussion of fire sacrifice ensued giving me an opportunity to discuss Agnihotra which I learned in U.S.A. although the listeners only took interest from a scholastic point of view. Interesting similarities were uncovered further strengthening the validity of Agnihotra. Upon showing the Agnihotra copper pyramid which generated much interest, with the host claiming to have a similar one, a discussion followed centered on the variety of effects produced by the different shaped vessels or pots in which fire is prepared. The host cited a *Goma* ceremony using a triangular mouthed pot about a thousand years ago in Kyoto by the Shingon priest to influence the outcome of the war. This was during the feudal war era when many warlords vied for the title of Shogan. This form of *Goma* has not been used since those days. He also described the use of squared mouthed vessels like the Agnihotra pot for special healings. However the ceremony performed utilized a circular mouthed pot for receiving blessing of harmony for the coming new year invoking Fudo-Myo and Mahavairocana, the solar Buddha divinity in Shingon esoteric pantheon symbolizing the solar force and fire.

The ceremony was held in a small beautiful temple on the outskirts of Kyoto nestled into the mountain range. The temple contained neatly arranged images, statues and mandals of Mahavairocana and related dieties. The altar in the center contained the circular pot surrounded by vessels arranged specifically with various offerings. The altar itself was enclosed by a multicolored rope looped around four posts planted on the four cardinal directions, said to ward off evil spirits and influences. While most of the ceremony was done in old Japanese, during the crucial part when mostly offerings were made, Sanskrit mantras were chanted distorted by the Japanese accent due to centuries of oral transmission. Some of the offerings to the fire that I recognized were rice, adzuki beans, sesame seeds and pieces of wood inscribed with personal prayers left by the people which were read aloud as they were offered to the fire. During the fire various mudras (positions of the eyes and hands) were used sometimes in conjunction with a *dorje* (hand-held ritual implement signifying thunderbolt) especially before an offering. The performing priest when offering vegetable oil, their equivalent of ghee (clarified butter) used a much larger version of the ghee spoon holding it in a specific manner. At specific times bells and gongs were struck lending an elaborate and exotic aura to the ceremony but the basic elements among various Homas were noticeable.

During the discussion that followed after the ceremony, the host disclosed that according to his teacher, the performance of *Goma* brought harmonious influences to the atmosphere due to attraction and gathering of Bodhisattvas (similar to Devas in old Sanskrit terms). He enquired if similar explanation was given with Agnihotra. The host also mentioned the need for reverence, proper frame of mind and positive thought during the ceremony due to increased potentization of thought forms. Similar statements were made for the purifying influence of *Goma* on the mind and as an aid toward development of Buddha-mind and Bodhisattva qualities in the practitioner. Like Agnihotra, there were specific sizes of pots described in scriptures for the various *Gomas* and non-flesh offerings of grains and herbs (no animals). *However the remarks of greatest confirmation came as we were about to depart when our gracious host mentioned that* Goma *goes beyond pre-Buddhistic times all the way back to the Vedas.*

As I toured and visited various famous temples and shrines in Kyoto, I came to realize the long history of the use of fire as a sacred medium in Japanese religion. Almost every temple had a container where visitors could light incense or burn various herbs for purification by wafting the smoke over their bodies. Most practicing religious Japanese believe the fragrant smoke of incense attracts good spirits and purifies the surroundings.

Besides the older sects I discovered a new Buddhist movement dedicated to following the original teaching of Buddha as preserved in Indian scripture called *Agama.* The major ritual for which they are noted is the annual major fire sacrifice, a large *Goma* for masses of people. Initially during my visit to some of these temples, I tried to mention about Agnihotra to some of the priests. However it was a disappointment that despite the rich tradition of the sacred knowledge of the use of fire as I witnessed–including seeing a Shingon poster propagating the use of *Goma* to promote world peace, combat pollution and for health–the priests were not too receptive. This seemed to reaffirm the notion that Agnihotra will spread via the scientists and the common man. In fact some of the priests were rather surprised that any person can practice Agnihotra.

I was filled with apprehension that I would not have a chance to meet the right people to convey the message of Agnihotra as the rest of my trip consisted of a fast-paced visit to my remaining relatives. However Shree's Grace and guiding Hand appeared in a most unexpected way.

It was fitting that it happened in Yugawara, a beautiful resort village located next to my late grandfather's farm. He was a spiritual man and my first spiritual teacher. As I was reminiscing about my childhood days here, my aunt inquired about the purpose of my visit to Shivapuri, Akalkot, India. As I talked she became very interested in the part concerning Agnihotra and proofread the recently translated Japanese copy of the Agnihotra pamphlet. She wanted to make sure that the phrasing was accessible to the laymen despite the highly scholastic translation. Aunt Katsura was instrumental in making one significant change, using a more common term for the word "Mantra." My aunt and her daughter, a cousin that I was close to in my childhood, had become interested in *Agama* during the last three years. They used to make the annual trip to Kyoto for the mass *Goma* ceremony but missed it this year. Subconsciously she must have known something about the power of fire as she felt the next best thing was at least to have positive thought and give prayers while watching the annual fire on TV. She was very excited upon finding out that Agnihotra can be performed by anyone, and she then wanted to try it. She was confident that she could find cow dung somewhere, a problem for a small, mountainous island country. Dried cow dung is used to prepare Agnihotra fire. So I left there several Agnihotra copper pyramids, surprised by the turn of events.

My next Agnihotra connection happened in the snow buried northern island of Hokkaido in the city of Sapporo, home of my uncle and cousin Keiko. Keiko whom I had never met before stated that she had been looking forward to meeting me and had something to tell me. As she and her mother took me sightseeing through Sapporo, she related her newly found interest in spiritual matters and the coming New Age. She described how in the last couple of years she had met people with similar interests and formed a group dedicated to those interests. She was eager to learn about the events and revelations of the New Era that Vasant had written over the years in *Satsang* and also about my experience in Shivapuri, India. She took much interest in Agnihotra.

From her I learned that Japan also had a segment of its population awakening to the call of the New Age especially in Hokkaido, interestingly the island with the most cows. She also entertained me with recent stories of native Shinto dieties revealing to special people about the New Age and sighting of UFO's in the mountains of Hokkaido. Keiko and her mother related to me the growing irregularities in weather patterns, the fear of overdue earthquakes around the Tokyo area that scientists are anticipating and increased stress and tension becoming apparent in modern Japanese society. As promised I shipped her several Agnihotra copper pyramids, cow dung and literature when I got to Tokyo before leaving Japan.

As my days in Japan dwindled, while returning by the famous bullet train to Tokyo, like an omen mother nature proved her recent irregular pattern of behavior by blanketing the Tokyo area with a record breaking freak snowstorm. In Tokyo, my last stop during the current tour, my uncle and aunt on my mother's side were eagerly waiting for me. Uncle Yoshida, last of the Japanese with a real Bushido attitude coming from a long line of Samurai (warriors), wanted to discuss Buddhist philosophy and to test me somewhat spiritually. As we talked, my aunt, a practitioner of Japanese tea ceremony, took great interest in hearing about Shree and my thoughts of Him as the current Buddha. It did not surprise her that such a being existed. My uncle stated such a being was needed citing corruption among Buddhist priests and generally apathetic attitude of the Japanese populace in the affluent era, dazzling even by American standards. It was when my aunt was helping me to repack for departure that she saw the remaining Agnihotra pyramids and inquired about them. After a brief explanation of Agnihotra, my aunt took them exclaiming, "If it comes from a great *Seija* (saint)," referring to Shree, "I want to try this out." She also took the remaining *ghee* (clarified butter), dried cow dung used in the process of Agnihotra, and literature leaving me empty-handed albeit satisfied.

Blessed with seeing the famous Ajanta and Ellora Caves, temples carved out of mountainsides in Aurangabad, and filled with paintings of scenes of the historical Buddha, Shakyamuni Gautam and the temples in Japan with similar statues, and paintings depicting Buddha's mission, I thus gained a visual and experiential understanding of Buddhist history and its connection to Shree. In fact this all seemed to be part of meeting with Shree. Shree is Parama Sadguru Shree Gajanan Maharaj of Shivapuri, Akalkot, India. He for the first time in modern times resuscitated the science of Agnihotra for purification of the atmosphere. Vasant states that Agnihotra is not religion; it is science.

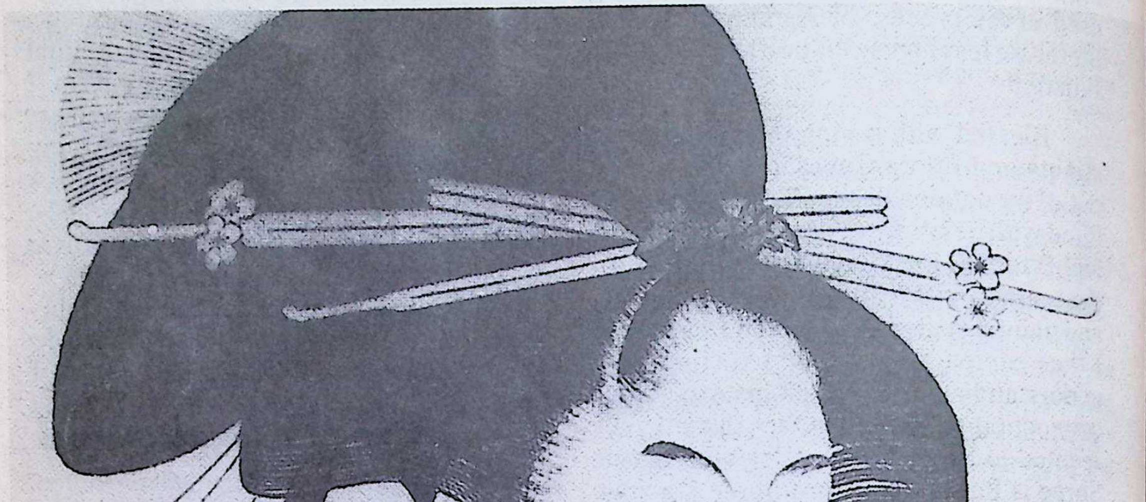
In the Diamond Sutra, a discourse between Shakyamuni Buddha and the Bodhisattvas, it is written about the prophecy of the coming of the next Buddha and that the wheel of Dharma lasts 2,500 years. I was told by a friend while looking at the pillar commemorating the Mahayajnya (Somayag) in Shivapuri, Akalkot, India that 2,500 years after Buddha for the first time a special *Yajnya* was performed at Shivapuri, Akalkot by Shree. I couldn't help thinking that turning the wheel of Dharma meant to infuse the atmosphere with purity, Divine knowledge, awakening and love.

When I actually went to visit *Shree* in India, I had the above thought. He motioned me to go to a room to look at a particular statue. It was of Shakyamuni Buddha carved in Kyoto and I recognized that my thoughts were reaffirmed.

As I was leaving for U.S.A., I felt happy that I paid homage to my heritage, the Tendai sect, the first to bring the fire to Japan 1500 years ago. I felt blessed to have been given an opportunity to bring a seemingly new, but really the old original fire, Agnihotra, to the land of my birth. I also knew that I have to talk to the farmers and growing New Age groups and that my task had just begun. I will have to go back to Japan soon for right now the agricultural harvest there is better than it has ever been. The thoughts of famine are the farthest thing from farmers' minds right now but the coming years will tell. It was after I returned to U.S.A. that I heard of more freak snowstorms and the changing weather patterns affecting the bounty of the farmers.

Aside from what has been mentioned, this journey produced much self understanding and self study, coming in touch with my heritage and greater of Shree's mission on Earth. I also learned more about the original native religion of Japan. Shinto, a nature and shaman oriented religion, focuses much on ecological balance, purity and eradication of pollution. Public Shinto religion reminds the people of their relation to and reverence for mother nature, important to a country filled with natural beauty. At the same time the people must remain always aware of nature's power over man through typhoons and threats of earthquakes. Many great festivals and ceremonies related to agricultural cycles are held, again with fire often serving as the principal medium for supplication for healing, blessings and for bountiful harvests.

I also witnessed the use of water for purification especially in approaching sacred places and for rituals. *In my training with the American Indians and now what I saw in Japan, I'm reminded of the universal use of fire as a sacred medium and the mysteries that still remain to be uncovered.*



The long fascinating history of Japan's fire rites is described by Shinichi Oneda after his recent visit there

Yajnya the Great Healer

(Quoted from Vasant's talks in Southeast Asia in January, February 1986.)

Yajnya is the science of purification of the atmosphere through the agency of fire based on biorhythms and Mantras that brings about profound changes in the environment. When people disobeyed and started putting flesh and blood into fire, bad karma started piling up leading to disturbance of harmony in nature. This had a deleterious impact on man's mind as atmosphere and mind are directly linked.

Buddha came to stop these perverted fire practices which were then prevalent in India. Jesus also stopped such perverted fire practices which had become prevalent in the then Jewish society. Fire was held sacred in all ancient traditions all over the planet.

"Fire worship was in vogue all over the world. The Jews used to call the offerings to fire *Korban.* Fire was the medium of communication with the celestial Beings who made their appearance in fire."

from Grace Alone p. 36
by Vasant

"And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. And he looked and behold, the bush burnt with fire and the bush was not consumed."

Exodus 3.2

"And David built there an altar unto the Lord and offering burnt offerings and peace offerings and called upon the Lord; and he answered him from heaven by fire upon the altar of burnt offerings."

1 Chronicles 21.26

"Now when Solomon had made an end of praying, the fire came down from heaven and consumed the burnt offering and the sacrifices; and the glory of the Lord filled the house."

II Chronicles 7.1

Then the fire of the Lord fell and consumed the burnt sacrifice and the wood...and when all the people saw it, they fell on their faces and they said, the Lord, he is the God; The Lord, he is the God."

I Kings 18.38-39

"And ye said, Behold, the Lord our God hath shewed us his glory and his greatness and we have heard his voice out of the midst of the fire; we have seen this day that God doth talk with man and he liveth."

Deuteronomy 5.24

In all the above statements there is a deeper truth hidden about healing which we now teach as *Homa* therapy.

Lord Buddha condemned fire sacrifices wherein flesh and blood were offered to fire. However he advocated fire practices which were strictly according to Vedic injunctions wherein no violence was involved. Ancient Vedic fire practices were given to heal the atmosphere. Atmosphere, *Prana,* and mind are connected. Thus the beneficial effect is transposed to the realm of the mind and a person automatically starts doing good actions and gets away from wrong actions. The intellect gets purified and Grace descends.

Lord Buddha had highest praise for Agnihotra process. He says, *Agnihutta Mukho Yanja*

Purport: Agnihotra is the leader of *Yajnyas*

(Suttanipat-Selsutta)

Agnihotra is tuned to the biorhythm of sunrise/sunset to bring nutrition to plant life and keep in harmony the energy cycle of the planet to make minds happy. Mind is treated as subtle matter in this ancient science. By practice of Agnihotra it is easier to go towards that state which is described as "Not my will but Thy will be done."

If the scientists and profession care to study the science of *Yajnya,* they will find a treasure house of knowledge. This knowledge is now being revealed as *Homa Therapy* in fulfillment of Daniel's prophecy in the Bible:

"The vision about morning and evening sacrifice is true but keep it a secret now as it will be a long time before it comes true."

Daniel 8:26

Daniel was referring to Agnihotra which has now caught up people's minds in a big way on all continents.

Chernobyl—What Next?

Vasant

We received the following letter from Berlin, West Germany after the Chernobyl nuclear plant accident in Russia:

"Many people are leaving Berlin because of that Chernobyl accident. It is a strange situation. People are told not to drink any milk anymore and not to eat fresh vegetables. Aren't there any references about Agnihotra and radioactivity? What can we tell people?"

We received several telephone calls from Europe asking advice about dealing with the harmful effects of radioactivity on soil, plants and animals based on the ancient knowledge which *Satsang* has been sharing with readers for the past decade or more.

Reuter flashed the following news:

"Norwegian researchers fear that the Chernobyl nuclear accident has had disastrous effects on Nordic food sources, especially reindeer.

"Measurements taken in Oslo, Norway, show increasing levels in sheep, reindeer and fish while in neighboring Sweden berries popular all over Scandinavia have joined the list of foodstuffs declared unfit for human consumption following the accident in the Soviet Union. The contamination is likely to play havoc with the eating habits of Norwegians and Swedes.

"The Soviet ambassador in London rejected claims of British farmers for compensation for the Chernobyl nuclear disaster saying there was no material damage."

The Washington Post on August 22, 1986 carried the following news:

"Measures were taken to stop the rain in the Chernobyl area in order to prevent the threat of contamination to the groundwater. Soviets often seed distant rain clouds when trying to assure dry weather. Radioactive contamination has lingered mostly on the ground's surface penetrating only a few millimeters into the earth according to Mr. Legasov. But this could increase with rainfall and could present danger for contamination to the roots of plants."

A new center for radioactive medicine was being set up in Kiev to help follow up on radiation patients from the area.

It was revealed:

People in Chernobyl will now get sores that bein to ooze. This will create panic in Russia. Much pressure will be put on the scientists and the medical profession to come up with solutions. *They have no way out but to come to us.*

In October, 1985, i.e. about six months before the Chernobyl nuclear accident, *Satsang* had published as follows:

"Smallpox will break out in Eastern Europe again soon. *Only cure is Agnihotra ash placed on the sores."*

(Satsang, Oct. 3 & 17, 1985
Vol. 13 No. 10 & 11)

In the ancient science of *Yajnya* of which *Agnihotra* is the basic process tuned to the biorhythm of sunrise sunset, the following is revealed about radiation:

When Agnihotra is performed, the smoke that comes gathers particles of radiation, that is harmful radiation, in the atmosphere and neutralizes the ef-

fects of them on a very subtle level. Nothing is destroyed, merely changed.

Now you will find that people are mysteriously poisoned by iodine in Russia.

In some parts of the world seepage will begin from some nuclear reactors and some nuclear waste disposal systems soon. It causes panic. People feel like they are living on a keg of dynamite in these places. People then become angry with the scientists for what they have done, for their lack of thoroughness when they began experimenting with radioactive materials, in looking to the ramifications of misusing such power or creating such a powerful menace. They will be hard pressed for solutions. They will work diligently, relentlessly for answer. *We have the answer. The answer is Agnihotra Homa and the revealed knowledge Shree chooses to give through us.* Everyone will have to become a Yogi to survive.

Again I quote below from ancient science of Vedas:

"The power of life comes from the Agnihotra fire. Just at that time, in that time band (sunrise, sunset rhythm), there is so much power coming from the pyramid that it can change the structure and formation of all the atoms, that is, all the substance, stuff, call it, that makes up the universe."

Within the next few months, there will be some new discoveries in the energy field. Before the end of the year the scientists will uncover a major discovery in this area. It has been told in previous issues of *Satsang*. Actually there are many things told in advance that are just beginning to occur at this time.

Electronic computers can analyze certain brain functions now never before recorded. Much scientific development points to several new fields of research and the analysis of man on a subhuman level. All this the scientist will now translate into simple language and come up with what basically all religions have sought to explain all along. The matter of man's spiritual existence is not to be questioned, rather of his makeup as a multisensed organism which can be proven by scientific experimentation.

We do not wish to delve into areas of spirituality or psychology. Our field of reference is scientific only and totally.

Agnihotra Ash Healings in Chile

Report from Cochiguas Mountain Community

Ignacio Toro around 65-70 years old suffered from rheumatism. Both his legs were paralyzed. His legs were frictioned during seven days with a cream made with *Agnihotra* ash and mixed with solid vaseline. After this time, the elasticity returned to his legs. He was able to retake his job and to move about with the agility of a 40 year old.

Georgina worked in a supermarket called "Portales" located where Gonzalez Videla meets Av. Los Jardines. She had been suffering from strong kidney pain to the point that it seemed that her only solution was a surgical intervention. She was told about the use of the fire ceremony *Agnihotra* and she began to take one teaspoon of *Agnihotra* ash three times a day. After the third day of taking the ash she eliminated through her urine a stone the size of a tooth. Her pains disappeared and an advanced process through which she was becoming blind was stopped to the point that she no longer uses glasses.

The two year old son of *Jorge Chavez* was unable to assimilate any food. Anything he would eat or drink he would vomit. He was aken to different medical doctors and herb doctors but nothing worked. It became necessary to feed him intravenously. He became very close to dying. Learning about *Agnihotra* he was administered one half teaspoon of ash twice a day during three days when he expelled through evacuation several mucus-like balls with hair. He recovered the normal assimilation of food state. He rapidly recovered his weight and the color of his skin. Now he is enjoying a good state of health.

* * *

Cochiguas.

Pilgrimage

Report from Cochiguas Community, Elqui Valley, Andes Mountains, Chile

Some people who regularly practice Agnihotra and pray to Lord Jesus received during meditation that they should go up to the Cochiguas community together with some others at the end of 1985 and from there, they should go for a retreat in the interior of the valley of the Cochiguas River. They not only visualized themselves but also the place where they should go, the people that formed the group and the date when this retreat should take place (around mid-December 1985). Due to difficulties the retreat was undertaken finally only by seven people (five of the ones that directly received the message and two that received it verbally). It started only on Thursday January 17, 1986, when in the late evening they met at Cochiguas community.

The departure to the place of the retreat was on Friday morning on horses and mules. On the way—a six hour journey—places and landmarks which were visualized during the meditations were recognized. The place was a beautiful valley around 3000 meters high, with a gorgeous lagoon of very blue waters at one extreme of the valley.

At sunset time, the seven people, four women and three men, met around the Agnihotra fire. During the meditation, beautiful internal experiences were felt. Several of those present agreed that the face of one of the sisters had become transfigured and that they saw beings and heard voices. After the tiresome journey, they went to sleep.

Next morning, activities began with Agnihotra at sunrise. During the meditations that followed this Homa, two of the participants received that the place where they were then, thousands of years ago, had been a place where human sacrifices were practiced and that it had to be purified through Homa fires because a city of the New Era would be constructed there. Instructions were also received to go to the place where the lagoon opens up around 500 meters to flow into the Cochiguas River and perform a Homa fire there and meditate. After that, the three brothers were instructed to go away from the camping site in different directions in order to meditate. So it was done and at the time of sunset, the seven met again around the Agnihotra fire to share the inner experiences. That night, the seven saw a UFO that slowly passed over their heads and after travelling through a great distance in the visible sky, suddenly disappeared. Several of those present had the sensation of not being alone and they heard voices from the other side of the lagoon as from a group of people sharing around a table.

After a restful night, the *Homa* fire disciplines were reinitiated and two of the participants felt that they should go deeper into the valley and go up to higher altitudes. What they experienced was later shared with the others together with food for the physical body. The return journey commenced on Sunday at 4 p.m., since aside from the 3½ hours of descent to the Cochiguas community, some had to travel further all night to reach their homes around 600 kilometers away.

Agnihotra at Global Sciences Conference

Abigail Dick
Laramie, Wyoming

The above title for this article actually represents the culmination of a three week tour with Jerry Hodges and his daughter, Christina, beginning July 30, and ending August 19, 1986, traveling to such places as Teotihuacan, Mexico (35 miles northeast of Mexico City), Mexico City, Laramie, Wyoming, Grand Junction, Colorado, Pinedale, Wyoming, Denver, Colorado, and Boulder, Colorado just to name a few. It is so incredibly wonderful to experience the unfoldment of the Divine Plan and be witness to my brothers and sisters coming to the fire of Agnihotra. I am very grateful to have had this opportunity.

Many thanks and appreciation go to Dean and Phyllis Stonier, organizers of the Global Sciences Conference (formerly Western Psychotronics Conference), for the vehicle they have provided for us to come together to share our love and unity.

The exhibit featuring Agnihotra drew much attention and questions by conference attendees. Sunrise and sunset Agnihotra was performed and talks given before and after each meditation. Jerry indicated that in the three years he had attended the conference, interest was perhaps the greatest this year. The following are some excerpts from the many talks that Jerry gave during this travel:

"What we will demonstrate for you today is the process called *Agnihotra.* Agnihotra represents the most basic form of the science of *Yajnya* which uses fire in a positive way to bring about beneficial changes in the atmosphere.

"As you may know from your education in science, fire or heat is the agency used for modifying the physical plane. Everything in this room represents some material form that comes from the earth that has been reshaped through heat or friction process. The car that brought you here this evening represents the same thing. For example, iron ore has been extracted from the earth, then heated and shaped into a fender or some other part. Nothing gets changed without the element of fire. Even the wearing away of rock by water in a stream is a friction process. On a metaphysical level, our minds get get changed as a result of conflict or friction between the mind and the intellect. Again, this is a fire or heat process.

"Being the conscientious people that you are, you are aware that we have nearly destroyed the planet, our home, as a result of pollution. Things have become so terrible now that the trees are dying all over. At first it was noticed in West Germany as the renowned Black Forest began to die. Now our own redwood forests are hurting. It is nearly everywhere, not just these two specific cases. So what is the reason for this?

"I suggest to you that the essential cause is the improper combinations of material substances in fire. Just consider it for a moment. As a result of attempting to make ourselves comfortable, secure or whatever, we go about changing the physical world–through the agency of *fire.*

"But I am not sure that we have to take total responsibility for all the pollution. Do you know what is perhaps one of the worst polluters of atmosphere? Volcanic eruptions!

"Fortunately, when this planet was created methods were given to help us out of conditions that we now find ourselves in.

"As the story goes, at the beginning of time man was given the science of *Yajnya,* a process whereby atmosphere is purified by combining certain specific organic materials in fire. It was revealed to the seers who "heard" instructions which were given in a unique language called Sanskrit. This is a language that has never been used on the planet as anybody's mother tongue yet all languages used by the different civilizations and cultures have Sanskrit derived words. It has 52 characters, each with a separate pronunciation. It is said that this is a cosmic language.

"Actually, the formal title that has been given to totality of the instructions is called "Vedas." Hindus of the world claim this as their scripture, however, it does not belong solely to them any more than it does to Christians. Vedas are old beyond any formalized religions. Many Masters such as Krishna have used Vedas as their reference point in living on the planet and teaching their followers because of of the eternal principles of Truth therein.

"Well the science of *Yajnya* was practiced for millenniums before man began to deviate from the specific instructions by offering flesh and blood to the fire. In some cases, parents were actually offering their children as sacrifice. As a result of this, certain Masters were sent to put an end to the practice. Buddha was one and Jesus was another one.

"You can still see remnants of this ancient science in many cultures of the world including the North and South American Indians. Of course many ruins of old civilizations have evidence of the practice of *Yajnya* (Homa fires).

"Because of the present deteriorated conditions of the people and planet earth, a Master has been sent to resuscitate this science. It is not necessary to know the Master's name. His message is important. The Master has said, "We have not come to form any new religion." The eternal principles of Truth remain the same. There is no organization to belong to. There is only one condition and that is if you ever teach this process you may never charge for it.

"It has also been said that it is not enough to just believe the message. One must directly experience it to know. You need not change your religion or spiritual disciplines. This process only helps you realize the truth in your religion or disciplines faster.

"We should understand that this is a gift that has been given. Some years ago, a man named Vasant Paranjpe was told by the Master that resuscitation of this science would begin in the United States and that he would be the person to carry it initially across the planet. Some 14 years ago it began on the East Coast. It has now gone to every country in the world.

"Have you noticed some of the major planetary coming together events of the past year. The first ones were the musical events staged to raise money for people in need. Governments were pretty much in the background on these efforts but the audiences for some were in excess of one billion people. This is absolutely phenomenal when you seriously think about that number of people tuned together at one time. However, there was an event that brought more people together than that.

"When the U.S. astronauts died in the mishap at the beginning of the year there was a tremendous outpouring of love from all the peoples of earth. Even governments from all over expressed concern. In modern history there has never been anything like it. Can you imagine the effect on the earth's atmosphere from everyone thinking loving thoughts at the same time. This truly was a historic event.

"Let's take our imagination one step further. Some place on the planet there is always a sunrise and sunset at specific coordinated degrees of longitude and latitude. Imagine each person practicing their specific spiritual or meditational discipline at exactly sunrise and sunset at their specific location in front of the healing fire of Agnihotra.

"Imagination isn't that necessary actually as Agnihotra is actually being done in countless homes in dozens of countries on every continent. Agnihotra pyramid fire works regardless of the state of mind of the practitioner and with or without meditation. If exact timings are observed, proper materials are burnt and the short Mantra is said properly once, Agnihotra works each time. But please don't take my word for it. Be as a scientist and simply try it and believe what you experience!"

* * *

Agnihotra

Vasant

Vibratory effects of certain metals such as copper and gold are now known to the scientists. When specific substance is burnt in a container made up of the elements of the metal copper, for example, a specific effect is guaranteed to occur scientifically. If the pyramid shape used for centuries has another effect and the *Mantras* uttered enhance it, then the process of simmple Agnihotra is unquestionably correct from all points of view of science. A copper pyramid is used in the process of Agnihotra.

Then what is the effect of Agnihotra ash on the skin? What is the effect of the sun's rays and how can this small fumigating process nourish the atmosphere? Is there any reference located which can confirm such a process? This reference can be found in various parts of Western Europe, the Soviet Union and in the history of nearly every ancient religion. However it is being revived not as a religion but as a science.

Trials by scientists in Eastern Europe in the field of bioenergy have been taken in recent years. Their findings have been recorded but much information has been kept from the public. Now top people in the science of biology will take trials with Agnihotra and they will be surprised to know how much they can learn.

Microorganisms are rapidly dying in the soil. There will be just no food to eat unless there is some *Yajnya (Homa)* atmosphere. *Agnihotra* is the basic *Yajnya.* Agnihotra is the only way to save the world now.

[All above articles from US Satsang vol. 14, Nos. 8 & 9, Sept. 4 & 18, 1986]

Agnihotra Ash for Water Purification

Sandy Sachs

Preliminary Observations

Agnihotra ash is the byproduct of Agnihotra, the process of purification of the atmosphere through the agency of pyramid fire. The Agnihotra process comes from the science of bioenergy as given through the Vedas (a Sanskrit word which literally means knowledge). Due to its fumigative, fertilizing and healing properties, Agnihotra ash is currently being used in several countries in all continents in the preparation of folk medicines.

It was suggested (Satsang, volume 13, numbers 22 and23), that the addition of Agnihotra ash to a fish tank would enhance the process of purification of the water by retarding the process of multiplication of harmful bacteria and algae in the water and freshening the water by absorbing odors. We were told that Agnihotra which is tuned to the biorhythm of sunrise sunset attracts and produces healing energies which get stored up in the Agnihotra ash.

Following the suggestions given in *Satsang,* some experiments were begun in my classroom using the simplest of materials and this easy five step procedure:

1. Set up two fish bowls, identical in size, shape, quantity and quality of water, plants and number of fish.
2. Place the bowls in direct proximity in the same room.
3. Label the bowls A and B.
4. Add Agnihotra ash to one bowl only. One teaspoon of ash per gallon of water should be sufficient.
5. Observe bowls daily and record notes in a log for a period of no less than two weeks. Note specifically:
    a. Number of times water in each bowl needs to be changed.
    b. Increases in the growth of algae.
    c. Any other changes in either or both bowls.

It was decided to observe whether due to the addition of Agnihotra ash, algae would not multiply as rapidly in bowl A and that the water quality in that bowl would remain at a higher level longer than that in bowl B and that as a result, fish, would remain healthy longer.

Materials used:

Two identical one gallon fish bowls.

Equal strands of elodea plants held in place by clean glass marbles.

Four two inch long goldfish, two of which were healthy and two of which appeared to be weak. These were placed so that one healthy and one weak fish were in each bowl.

Beginning on April 16, 1986, the bowls were assembled and placed on the same shelf in the classroom. One teaspoon of Agnihotra ash was added to bowl A. Both sets of fish were fed the same food supplement.

Five days later, (April 21, 1986), it was noted that the water in bowl A was clearer and that the fish were livelier than in bowl B.

Six days later, (April 22), the weaker fish in bowl B needed to be removed from the bowl, for it was dying. Also it was noted that the grass (elodea) was beginning to die in both the bowls. The water in bowl B was noticeably more yellow and smelled significantly more foul than that in bowl A.

Between the ninth and fourteenth days (April 25-30) the elodea died off rapidly, fouling the water and causing it to look foamy at the top in both bowls. The fish became lethargic at this time.

On the twentieth day (May 5) it was noted that in bowl B the water had become deep brown and had an algae ring around the water line on the glass. Bowl A had only an ash ring and was only slightly cloudy. Fish were gulping at the top of the water for air in both bowls.

There were no further significant changes before the experiment was terminated on the 37th day. At this time the bowls were cleaned, completely fresh water was put into them and fish were returned to the bowls as they had been, two in bowl A and one in bowl B.

At this time a second experiment was undertaken in order to observe the growth of algae on the glass sides of the bowls. A new fish was introduced into bowl B so that the populations were again equal. In this experiment one quarter teaspoonful of ash was added to bowl B only. Nothing was put into bowl A which had been washed free of any residual ash. Notes were taken daily beginning June 1, 1986.

On the third day of this second experiment (June 4) it was noted that one of the fish in the untreated bowl was lethargic. This fish lingered for a while, but died six days later (June 6).

Fresh water was added to both bowls on the ninteenth day (June 18) in order to replenish that lost to evaporation.

On the twenty-fourth day (June 23) spots of algae were noted growing on the sides of both bowls. The number and size of the algae spots in bowl B, which was treated, was smaller than in bowl A. This observation was made repeatedly until the last day of June, when the second experiment was terminated. It appeared that Agnihotra ash treated water had less colonization and growth of algae.

Once again the two bowls were completely emptied and cleaned and now a third experiment was begun. This time the procedure differed:

Bowl A was filled with water, marbles and two guppies. Its cleansing had consisted of a thorough wiping and rinsing of the bowl before adding water.

Bowl B was wiped, rinsed and treated with chlorine bleach (sodium hypochlorite), then rinsed well again before being filled with water. Guppies were added to this bowl also.

It was noted that by the next morning the water in bowl A felt slimy, although it appeared clear and clean. At this point, one teaspoon of Agnihotra ash was dropped into the bowl. Although the ash took some time to settle, at the end of the first week the guppies had begun swimming throughout the bowl, rather than hanging near the surface as they had done earlier. (This experiment is still under way and will be completed in the future.)

The observations made in these small, rather simple experiments seem to indicate quite strongly that Agnihotra ash does, indeed, affect the quality of water and the growth of algae in that medium. In the first experiment the ash retarded the putrifaction process or otherwise eliminated the development of foul odor and murkiness in the water as the grass died off. In the second experiment, it seemed that the small (one quarter teaspoon) amount of ash added was not sufficient to completely halt the growth of algae but was sufficient to noticeably retard its growth. In experiment three, although our observations are incomplete, it is already obvious that Agnihotra ash was at least as effective as the bleach in taking care of the organisms that were fouling the water, although we know that we could not safely add bleach to water containing fish.

Therefore, in ecosystems wherein we have concern for fish etc., Agnihotra ash looks like it might be a viable alternative. These simple experiments on the bio side effects of Agnihotra ash in a fishbowl have long range implications for the use of Agnihotra ash in the treatment of polluted and acidified lakes and streams.

Homa Farming Nourishes Atmosphere

Barry Rathner

Homa Therapy farming methods may be successful when used in conjunction with *any* method of farming on both a large and small scale. The population of harmful insects will automatically be reduced and beneficial insects like earthworms will reproduce more and provide increased benefits to the soil.

The organic farming methods published in *Satsang* reflect the experience of the authors and do not imply that only such methods along with *Homa* Therapy are beneficial. *Homa* Therapy farming methods benefit the atmosphere and the soil regardless of what else is done. It goes without saying, however, that if, e.g., insect and pest control are accomplished with *Homa* Therapy then expensive insecticides, pesticides, etc. are rendered unnecessary. The potentially harmful side effects of these chemicals are eliminated of course as well, if one need not use them in the first place. As *Homa* Therapy affects the bioenergetic rhythms of nature in ways beneficial to atmosphere and soil, chemical fertilizers are not required either. This is important as chemical fertilizers destroy the soil, reduce soil fertility in the long run and contaminate water resources including subsoil water. Chemical fertilizers and pesticides absorbed by plants, poison the food we eat and debilitate the body's natural resistance capacities and disturb the homeostasis. Without using chemical fertilizers, one can grow large quantities of food by *Homa* method.

If we consider further, the effects *Homa* Therapy has on the mind, we see how some of the suggestions that follow can be more easily put into practice. Where it is stated, e.g., that the one planting seeds should try to be full of love at that time, it has been noted that this state of mind is much easier to achieve by one who practices *Homa* Therapy.

Homa Therapy methods give nutrition to plant life making the atmosphere nutritional and medicinal. The subtle energy manipulations that take place are part of the modus operandi.

Agnihotra establishes the healing cycle. Other *Homas* strengthen the effect created by *Agnihotra* . *Agnihotra* is the basic *Homa.*

Tomatoes Don't Taste As Good As They Used To

Pat Mullen

Tomatoes don't seem to taste as good as they used to. Ever hear someone say that? It seems true enough. Somehow, somewhere that meaty red, pungent, tasty fruit, on which we base two thirds of all our sauces, stews and casseroles has become a colorless, odorless, tasteless fruit. The tomato has been getting a bad name. "Go eat a tomato" has become synonymous with "Go soak your head!!"

Recently in the garden at Agnihotra farm in Baltimore County, Maryland, I had the good fortune to taste a tomato that did indeed taste the way a tomato used to taste.

Considering the lack of any amount of work done in the garden, the quantity and quality of the yield are extraordinary. Couple this with the fact that the Baltimore area is in the midst of the worst drought of the century and yet little to no water was used to irrigate the garden!!

In fact, all vegetables and corn, green peppers, squash and blackeyed peas have an improved nutritional value, clear, crisp color, nice aroma and much more palatable taste. This food is really something you can sink your teeth into!

Of course, I could go on and on about the flavor, color, enhanced value, so forth and so on but you might ask at this point: where's the empirical data to confirm what I am saying? Where are the experimental notes on the tomato? Where is the scientific validation on the subject?

I cannot answer these questions. I am not a scientist. I am not a botanist. I am not a serious gardener.

The answer to these types of questions is: eat a tomato grown in that garden and see if you don't agree. Experience what I am telling you. I am a tomato lover, that is, lover of the tomato of yesteryear. Anyone who remembers the "old" taste of the tomato will appreciate the taste of the tomato from that garden. Because anyone who remembers the "old" taste of the tomato will know that something that he/she had lost has been recovered and can be reclaimed.

The tomato that tastes as good as tomatoes used to taste is the tomato that is grown in the *Yajnya* atmosphere. The tomato does not have to be from that specific garden. The tomato that tastes as good as tomatoes used to taste could come from your own garden. All it takes is *Yajnya* atmosphere. What was lost, has been recovered, resuscitated by Divine Will.

P.S. Corn on Cob Recipe:

1. Grow corn ("Illinois Chief" is best brand) in *Yajnya* atmosphere.
2. Bring three quarts of Agnihotra ash water to a rolling boil.
3. Go to the garden.
4. Remove 6 ears of corn from the stalk.
5. Shuck and clean the corn quickly.
6. Immediately place corn in the boiling water.
7. Boil exactly 2 minutes (no more no less).
8. Remove and eat an ineffable delicacy.
9. Buddy, don't eat all 6 ears yourself.

you glutton.

P.S.S. Corn sugar begins to convert to corn starch when corn is removed from the stalk. Therefore, corn should be eaten as soon as possible after it is removed from the plant to insure maximum flavor and taste.

By the way, although it has been stated in the news that the state's fruit crop, especially peaches, would beseverely affected by the record drought in the Southeast, the fruits and berries on the farm this year were abundant, tasty and Homa organic. All of our neighbors said they had a small yield of strawberries and the ones they did get were small. Ours were plentiful, colorful, tasty and Homa nutritious.

The pears, cherries, peaches, raspberries, apples and blackberries were scrumptious. Again the drought was there but so was Homa and the fruit.

Come visit the farm sometime, the atmosphere is extraordinary.

[All above articles from US Satsang, vol. 14, Nos. 4, 5, 6, 7, July 3 & 7, Aug. 7 & 21, 1986]

Fivefold Path

Perform AGNIHOTRA for purification of the atmosphere which leads to automatic purification of the mind.

Practice DAAN (sharing of assets in a spirit of humility to reduce attachment to worldly possessions.)

Practice TAPA (Becoming better managers of your energy expenditure by training the body and mind to work in the direction of total LOVE.)

Perform KARMA (Every action for Self purification only and thus no expectations which bind us to the material world.)

Practice SWADHYAYA (Self-study) for Liberation. Who am I? What am I here for? My work on this planet is to learn to react with total LOVE to each circumstance.

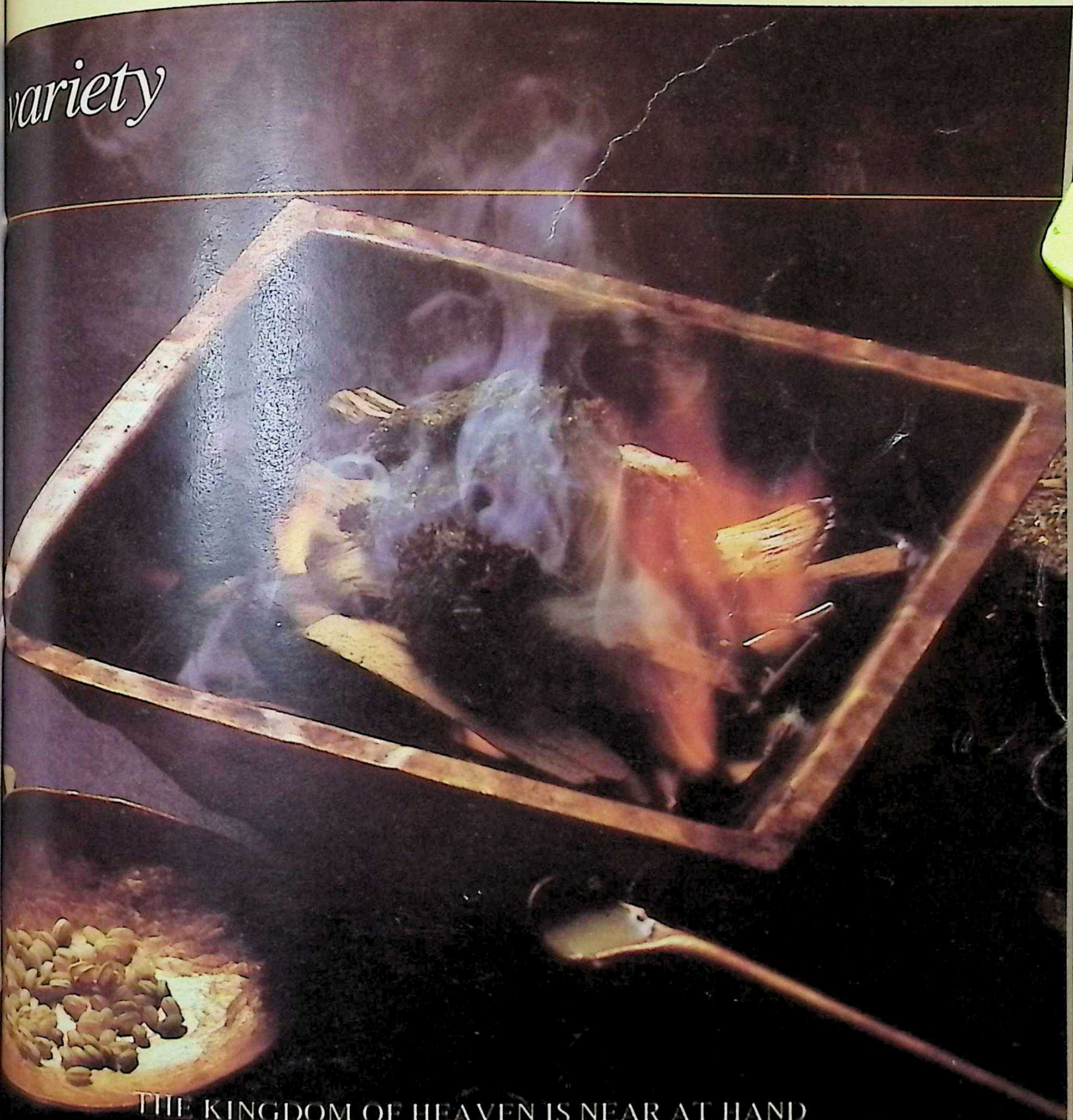
This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community etc.

गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

9/4/87

Bharatiya Satsang

DECEMBER 1986 NEW ERA 43 VOL VII NO. 7



THE KINGDOM OF HEAVEN IS NEAR AT HAND

०१४१८७

Bharatiya
Satsang

DECEMBER 1986 NEW ERA 43 VOL VII NO. 7

Round The Clock Healing Fire

Near Baltimore a round the clock 'Om Tryambakam' Homa has been going on, since September 9, 1978. On this occasion Vasant gave the following message to the people who have been taking part in maintaining the Eternal Flame all these years.

So far as we know, this is the only place on our Planet where such a yajnya is going on continuously for such a long time.

HEAL THE ATMOSPHERE AND THE HEALED ATMOSPHERE HEALS YOU. THIS IS THE BASIS OF HOMA THERAPY.

Message from Vasant

Today September 9, 1986, we enter the ninth year of round the clock Yajnya. When you walk on this property-you can smell the Yajnya. This atmosphere is filled with fragrance and nutrients. It shows what can happen when an effort is made. Now miracles will be done here for the whole world. This area in Randallstown on the farm is being filled with nutrients and vibrations of LOVE. People will soon just come here and instantly feel relief. They will immediately with or without thinking be able to detect there is something holy about this place. People will just be healed when they go near the fire. There is no question of willing or thinking anything. They are directed here by their own karma and they will be cured by GRACE.

The trees here have started to give feedback effect of love to those that come here.

These grounds are hallowed ground; we have to treat this place with respect. Everyone who comes here should hold this place in reverence. It is by GRACE we came here, found this place and have lived here for so long.

You can see how, at this farm, this intense healing vibration is alive here.

This thing was built up over a long period. Of course, 24 hour Yajnya goes on here as nowhere else in the world. Can you imagine? So if we are able to start such farms in various places where Yajnya is performed at least two to four hours daily by a group, sharing in the responsibilities of Yajnya and cooperative organic farming, then this energy vibration which you feel here in Baltimore can begin everywhere.

We have already begun to make fertile, safe areas in the world based on Yajnya.

We begin to see now a pattern of what is happening to the earth. The cycles are "flip-flopping". When there should be rain there will be no rain. When we need the rain it will come late, like it is now. The rain that comes is also no good. It is acid rain that will destroy the earth in which vegetables grow and plants thrive.

Microorganisms are rapidly dying in the soil. There will be just no food to eat unless there is some Yajnya atmospehre. AGNIHOTRA IS THE ONLY WAY TO SAVE THE WORLD NOW!

The whole world is in for many disasters, many catastrophes. The world is in for much suffering. The law of Karma must operate. The law of Karma will operate. It is all Grace. Then, when it is time, the whole thing will be reshaped. The whole world will be changed and it will be a beautiful place, full of love. SHREE is manipulating all of the atoms of the universe now, setting things up. Big changes will take place in the next few months.

Unless we fill the spheres with Love nothing else can be done. AGNIHOTRA is the greatest material aid to do this and to bring nourishment to plant and animal kingdom simultaneously. Agnihotra Homa is the basic YAJNYA.

We are concentrating now on this work. AGNIHOTRA goes easily throughout the planet. The age of complacency is coming to a violent end.

AGNIHOTRA is the flame of love. Now we must quickly move- EAST TO WEST, NORTH TO SOUTH.

Homes where Yajnya is done are protected. They are shielded as though they become spiritual fortresses.

Therefore, people assembled here today have to become examples for the whole world. People should ask 'what is Yoga'? and we should reply 'Look at this one or look at that one. They are full of love. They are all one.'

So much of GRACE is coming now. We can just watch it unfold all around us.

Time is coming
Time has come
Time has gone

Time has come when all people should do AGNIHOTRA for themselves.

We are beginning a new era, Paradise on earth.

Many of these people who are here now will be moving about in the coming years.

Through ceaseless effort this blessed 24 hour Yajnya has persevered. Now we must all work together in harmony. Try to speak no harsh words to or about one another.

We all have choices. Nothing is required, everything is offered at no price.

Devotion comes through effort tempered with humility. If we can only look beyond our immediate situation instead of becoming engulfed in our own problems and daily events, we could reach the level where "I and my Father are One" with far less stress and difficulty.

In several years there will be no reliable natural resources uncontaminated. All water supply will be polluted. In some areas, there will be severe droughts and in other areas-terrific floods. We are to understand that these times have already begun.

Our people will be protected and will be protectors. Your homes are to become havens of refuge in the years to come. Many will be led there. We have come. This is our mission given.

US Satsang Vol. 14, Nos. 12 & 13,
November 6 & 20, 1986

Letters to Satsang

The celebration on September 9th was so wonderful. I am so grateful I could come. When we got back to Charlottesville I felt totally refreshed, relaxed and peaceful. This was in spite of only four hours of sleep and driving to Baltimore and back which takes seven and half hours. Then it dawned on me that spending one day or night at the farm in that supercharged, healing Homa (Yajna atmosphere) that permeates the entire area, one feels as though one has just had one week's vacation!

Business people and people who work hard pressured jobs should be able to come to the farm for an hour or so to sit there and relax. It is really amazing! The effects are also lasting. The peace one feels there is so much more than one hour of sleep, etc.

At the farm it almost feels like time is still. It is like the feeling of very deep meditation, the kind that has a profound effect on the mind, the nervous system and the stabilizing of the person.

Not only business people but hyperactive children, problem children would benefit from the Homa (Yajnya) atmosphere at this place.

It is such a powerful peaceful atmosphere, it makes me feel that everyone should know about it.

Anyway I am truely grateful for the round the clock Homa (Yajnya) and for your love which has sustained us all. We feel all the time His Divine Love that is given through the Eternal Healing Flame at the farm. This is very clear and anyone who spends a few minutes in this atmosphere can experience it.

How wonderful it will be if such healing fires are started in every country, every town, every village. It appears that doing Homa fire is the only way to counteract the evil effects of pollution. The time is now when Homas have to be practiced on a mass scale to counteract the pollution that is taking such a heavy toll of all living things.

I hope the scientists will take time to use their professional expertise to investigate the science of yajnya, which Vasant said, 'Works although it is ancient.'

Fran Rosen Sawyer
Charlottesville, Virgina.

The ninth day of the ninth month and the beginning of the ninth year of Randallstown 24 hour (round the clock) Yajnya was celebrated on Sept. 9, 1986.

On a farm at the end of Kuntz Rd. is where this Yajnya fire is kept continuously burning. It was at this farm that our celebration took place.

The atmosphere was filled with peace, tranquility and a sense of Shree's presence.

During the program devotional songs were sung by all and it was at this time that I saw Shree. On the porch Guru Deva sat crossed legged at approximately Shree's waist. Shree's head, surrounded by pulsating white light, touched the attic of the house and his arms encircled everyone on the porch and lawn. Vibrant pinks that flowed into purples, then blues radiated from the center of our entire group outward and upward to include Shree's arms and body.

Love permeated the atmosphere and I felt that I had been given a glimpse of the "peace that passeth understanding."

Love
Arlene

US Satsang Vol. 14, Nos. 12 & 13,
November 6 & 20, 1986

Noah's Ark, Then and Now

August 2, 1986

I dreamt I saw an old man with a long white beard standing in the wilderness. He was beckoning with outstretched hand towards an open vista of lush farm land. I could see Homa fires burning at certain points on land. There was a definite aura of peace and contentment. It was immediately clear, this man was Noah of the Bible calling the people forth. When I saw his face I realized Noah was Guru Deva Vasant.

He spoke briefly to the people: Come upto the sanctuary of the ark. First came the ark of the flood. Now is the time for the ark of fire. The ark is the land with Homa. This ark is given by Grace for your protection. This is final opportunity to be saved. Some of you will laugh, others will ignore me. But it will be too late to change your minds later. Whole world is fire now. SO COME INTO THE SANCTUARY OF THE ARK NOW!!

David Sawyer
Charlotesville, Virginia

Open Letter to EPA

May 17, 1985

Dear Environmental Protection Agency:

The June issue of "Science 85", a monthly scientific journal, quotes David Ozonoff, Chief of the Environmental Health Section of Boston University's School of Public Health. "A number of us have been concerned with air exposure a long time. It's a difficult area--hard to measure and hard to track. But the EPA has been absolutely negligent. What are they to do, wait for the bodies to pile up?"

The quote appeared in a newsbrief called "Danger in the Air", which stated that the release of cancer-causing chemicals and other hazardous substances into the atmosphere is far greater and more widespread than suspected. According to the first major survey of 67 large chemical companies, initiated by the U.S. Congress, thousands of tons of dangerous chemicals, including Chlorine, Acrylonitrile, and Hydrogen Chloride are released into atmosphere from factories around the country.

The study was prompted by the realization that there are currently no U.S. regulations controlling the release of Methyl Isocyanate, the chemical that recently killed more than 2500 people in the industrial disaster in Bhopal, India. Also, that of the 37 hazardous chemicals cited by you (the EPA) more than a decade ago as high priority for study, as yet only six are controlled by nationwide standards.

The rest, and dozens of other dangerous chemicals, are controlled by state and local regulations that vary widely. The survery revealed that one company, for example, was allowed to discharge into the atmosphere up to 332.1 tons of Ammonia per year in one state but only 24.1 tons in another. Which limit is safe for human health (since we don't inhale Ammonia very well) is uncertain, thereby raising to a higher level of probability the grim specter of bodies by the piles.

That this terrifying report appeared in the highly respected science magazine is adequate motivation for a reasonable person to wonder and ask: "Is it true? Are you really waiting?" What is hoped to be suggested here, however, is much more than simply a new idea about avoiding a clear and present danger to breathing organisms.

Over the past dozen years, an increasing number of us have been quietly practicing an ancient Vedic science involving atmospheric purification through the agency of fire. It is called Agnihotra. This purificatory practice was revived in America as a consequence of today's rising, harmful levels of pollution, and has since spread to every continent. Tens of thousands of American families and millions of families worldwide are now practicing Agnihotra daily. Its effectiveness and rapid growth globally should give cause for your immediate concern, as you have the public responsibility of acting in the best interest of a healthy environment.

Agnihotra is essentially an anti-pollutionary measure which benefits directly both the environment and the individual. Although it has scientific, environmental, medical, psychological and parapsychological implications, it's a relatively simple practice performed at sunrise and sunset primarily for the benefit of the family. During its performance, products like fumes, heat, energy, moisture, gases, ash and sound waves with vibrations of certain frequency, are created. These products have a definite beneficial effect, from individual and collective angles, according to American and other (both East and West) scientific investigation into Agnihotra and Agnihotra atmosphere.

Quite aside from scientific laboratorial certainty, however, we have our own individual experience over the years to attest to the validity and efficacy of Agnihotra. By practicing Agnihotra in our gardens, we've watched our vegetables grow larger, healthier and tastier. By practcing it on our farms, we've increased our crop yield per acre without the use of chemical fertilizers. By putting Agnihotra ash into our wells, we've made our well water drinkable again. By sitting in the proximity of the Agnihotra pyramid fire, we've relieved our varius respiratory ailments. Our pets have fallen asleep at our sides during the few minutes of morning/evening Agnihotra as we've calmed our hyperactive children. Our sons and daughters have grown up now in households where Agnihotra was/is practiced regularly. The list continues almost without end. And we're humbled by it all.

To ostrichlike ignore the great environmental benefits of Agnihotra is the equivalent of attempting to ignore pollution, which, again, is like saying we're simply waiting for the bodies to pile up. Waiting, it goes without saying, is the height of folly, particularly at a time in history when a science so practical is so readily available .

Thus you, as an individual and as an agency, can move, through Agnihotra, into the vanguard of an atmospheric and environmental purification cleanup that will leave the planet healthy, wealthy and wise. And happy.

Sincerely,
Ernest Collier
NEWYORK

US Satsang Vol. 14, Nos. 12 & 13, November 6 & 20, 1986

AYURVEDA

(The Science of Healing as Given Through Vedas)

Dr. S. G. Rajimwale
SHIVAPURI, AKALKOT, INDIA.

(Following are excerpts from talks on Ayurveda given by Dr. Shrikant G. Rajimwale in Holland and Germany during Summer 1986. Talks were arranged by David Powers)

The term Ayurveda comes from the combination of two Sanskrit words AYUR and VEDA.

Sanskrit is the ancient language in which Ayurveda is preserved and handed down. This language is also called as DEVAVANI or the 'language of the Divine'. The word DEVA here comes from the verb DYU meaning 'to shine'. Hence the word means language in which Light was given. From this root came words like 'divine' in English. We can easily see that the entire group of Indo-European and Germanic languages show a direct and gradual development from this ancient origin. A glance at some examples will be interesting.

Sanskrit	Indo-European Germanic	English
matru	mater	mother
bhratru	bruder	brother
pitru	vater	father

The word VEDA in Ayurveda comes from the original Sanskrit root VID meaning 'to know'. From this root many other words have come into related languages like wise, wisdom or the German wissen, etc. They all denote the same sense of 'knowing'. The word VEDA thus means 'special knowledge'. The word AYUR means 'life'. Thus the combined term means 'special knowledge of life'.

There are many other definitions of this word offered by other ancient authorities and traditions. From the point of view of understanding the nature and scope of this subject it might be helpful to get acquainted with them.

One definition of Ayurveda is "such knowledge whereby one understands the details regarding life in its entirety." Yet another definition of the term states "Ayurveda is that special knowledge by means of which one attains long and healthy life."

Charaka, an authority on Ayurveda, who according to the historians of Indology lived around the second century B.C. defines Ayurveda as that system of knowledge which describes in depth what is advantageous and what is disadvantageous for life, what are happy and unhappy states of mind, what is good and what is bad for life, what are wholesome and what are unwholesome habits and what is life itself.

According to Ayurveda, the term AYUR stands for the combination of body, sense organs, mind and soul. It is a term denoting the presence and continuity of consciousness. As a matter of fact, the presence and continuity of consciousness is the logical outcome of the combination of body, sense organs, mind and soul. The moment this combination breaks and disintegrates life ceases to exist. THUS WE SEE THAT AYURVEDA IS A SYSTEMATIC AND SCIENTIFIC PRESENTATION OF THE SCIENCE OF LIFE. RELIEVING THE PAIN AND DISEASE OF THE SICK AND ILL AND MAINTAINING THE HEALTH OF THE HEALTHY IS THE PRIMARY GOAL OF THIS ANCIENT SCIENCE.

Various accounts concerning the origin of Ayurveda have been narrated by different traditions and texts. They all point and direct towards its divine and revealed origin. The seers, Yogis and high souls had gathered on the snow capped, holy Himalayas. These were the seers who regularly followed strict disciplines, sacred duties, vows and bodily *Tapas* like fasting, abstaining from sex, observng silence etc. They had been leading strict lives for a long time staying in grass huts and hermitages on the slopes of the Himalayas and in dense forests. Amongst those present were bright seers like Bhrugu, Kashyap, Atreya, Jamadagni, Bharadwaj etc. One day they were working on a unique problem. They had understood that the human body was the sole tool and instrument for attaining the prime goal of human existence. For relieving and freeing oneself from the continuance of the cycle of birth and death and sorrow, i.e. liberation or NIRVANA as characterized by the Buddha, the body was a necessary tool. A quotation says

"Body is the primary tool for living the life of DHARMA".

This was the reason why they felt it necessary to keep the body in harmony, balance and equilibrium i.e. in health. With a sick and diseased body a man is not able to practice any discipline, any Yoga or *Pranayama* (yogic breathing techniques known as Prana control through breath control). The bodily ailments can become an impediment. Thus they directed their concentration towards the problems such as what is body, how it is created, what is health and disease, how to maintain the equilibrium of body etc. In this highly concentrated state of Yogic mind, Dhanvantari, the Lord of medicine appeared before their mind's eye and bestowed upon them the entire knowledge of life in the form of Ayurveda for the benefit of mankind.

Age and Antiquity

To find out how old a certain concept or an object or an incident is, the scholars of Indology begin their search with initially checking into the oldest core of literature on the planet, the Vedas. If one is able to find a clear reference to a certain concept or thing in the Vedas, one might as well infer that it must date back into antiquity, at least definitely around the period in which the compilation and editing of the VEDA MANTRAS was being done. This period has been fixed by some scholars at around 5000 B.C. However the scholars differ and there are many theories and arguments. Now from the point of view of determining the antiquity, date and age of the beginnings of the medical concepts of Ayurveda, if we start looking for references that deal with human health, scholars are surprised that large numbers of such references exist. This proves that the medical thinking of Ayurveda dates back to antiquity. Some have correctly stated that it is as old as the history of man or perhaps it dates back to the period of compilation of Vedas.

Reference in Vedas

Ayurveda is termed as a supplement of Vedas. It is an anciliary related to one branch of Vedas know as Atharvaveda. It is called Upaveda i.e. sub-school of knowledge. We find that there is a close relation regarding basic concepts, names of herbs and diseases and physiological concepts between Ayurveda and Vedic thought. In Vedas we find the Ashwins mentioned as the divine physicians. Many stories of astounding cures effected by them are recorded.

There was very old seer named Chyavana, who had spent most of his life in dense forest doing penance. At the end of his life his forefathers appeared before him and advised him to enter the life of a householder and continue the family tradition. The age old seer prayed to the Ashwins for help. They collected many herbs, fruits and prepared a special recipe for the old yogi. It was called Chyavanaprash. It bestowed youth, new life and power to the old man. Even to this day tradition has handed down this recipe in the Ayurvedic texts. A woman had lost her leg in a battle. Ashwins helped her by fixing for her an artificial leg.

A combination of herbs which was the cure for many ailments was referred to as Jovasha. *SOMA* is a rare herb and is referred to in Vedas as the king of all herbs. Its growth in terms of potency was said to have been related to the phases of the moon. THE HOLY FIRE WAS CALLED THE ELIMINATOR OF DISEASE AND BACTERIA. IN

AYURVEDA FIRE IS THE MEDIUM FOR PURIFICATION OF BODY AND MIND.

These and many such references in the Vedic texts show that considerable information and material on human anatomy, health, herbs, disease etc. was available. There were many physicians and they strived towards bestowing health upon humankind. In those days this knowledge was handed down and practiced in different families of physicians and yogis. They added their own experiences to it and eventually there was a large body of knowledge called Ayurveda was available. In the times of Lord Buddha and the later Buddhistic literary achievements, we come across many references which suggest that by that time Ayurveda had received the status of a systematic science of learning. It was followed, practiced and taught by many great yogi healers living in hermitages. Kings used to appoint royal court physicians giving Ayurvedic treatments. This period was approximately around 500 B.C.

Out of the floating mass of information and gathering of knowledge based on experience, names of three yogi healers emerge and they represent the basic foundation of Ayurveda as it is known today. These three yogis compiled valumes giving fundamental principles of Ayurveda and gave it a form of system of scientific knowledge. Their compilations are known as

Charaka Samhita by Charaka
Sushruta Samhita by Sushruta
Ashanta Samhita by Vagbhata

These are the man pillars of Ayurvedic knowledge, the basics as it is available at present. By Tradition they are honoured and respected as the three wise and holy ones.'

Scholars of history of Ayurveda differ regarding the exact time when Charaka lived. Some say that he was the same person as Panini who wrote the first grammar of the Sanskrit language and who lived around 6th Century B.C. Some others think that he was the same person as Patanjali, the author of the famous Yoga aphorisms. Another scholar Sylvan Levi, discovered a reference to a certain Charaka in the Chinese translation of Tripitaka Buddhist Scriptures. He is also said to have been the court physician of King Kanishka who lived around the 2nd Century B.C. Anyway, Charaka is one of the most authenticated, popular and standard tradition of Ayurveda. During the 6th, 7th and 8th Centuries when Arabic Scholarship was at its height, they held Charaka's work as the most authenticated. Charaka collected the entire material regarding Ayurveda available in his days. He also laid down the foundation of logic and philosophy of medicine. This massive work contains eight chapters. It deals with subjects like rejuvenation. Therapy, conception, development and delivery of foetus, diseases of various organs of the body, medical botany, evolution of diseases etc.

Next came the great Sushruta. A study of his work *Sushruta Samhita* shows that he was a great surgeon and physician. He performed many major surgical operations. His work shows a great development in the knowledge of surgery. His technique of teaching surgery was unique, practical and revealing. In the 8th Century A.D. his work was translated into Arabic, known as Kitab-e-Susrad.

Vagbhata is the third great authority on Ayurveda. He composed two massive works, each containing more than 100 chapters. He is stated to have lived on the banks of the river Indus and his father's name was Simhagupta. He seems to have lived in the 7th Century A.D. His works were held as the most standard works of reference and were widely taught. Even today these works are taught and the methods practiced in Ayurvedic medical schools of India. These works deal with subjects like the origin and cause of disease, treatment to be given after someone takes poisons, properties of different food articles and herbs, personal hygiene drugs and their subdivisions, herbs and their taste, strength etc. He further describes anatomy, qualities and actions of various drugs, diseases, nature of man, etc.

These three works are the basic texts of the science of Ayurveda. They have been held as the most authentic traditions since ages and even today, they enjoy a place of honour in the Ayurvedic medical schools of India. They are taught and practiced by modern physicians everywhere. The recipes given by these great seers are manufactured even to this day.

If we study the above mentioned three works on Ayurveda, we will find that the system of medical education and training of new students was perfectly designed. We find this subject had received a competent handling at the hands of these Yogi healers. They have left for us many details, rules and conditions governing the choosing and training of would be physicians.

In ancient India one could to become physician receive training in many ways. One could go to the Ashrams and Ashram Schools or the hermitages of Yogis. These were always situated in forests away from crowds. These Yogic healers followed strict disciplines and led pious lives. A disciple was required to stay at the Ashram for several years and learn at the feet of his master this ancient science of health. A student could also go to one of the reputed schools of learning in ancient India. Taxashila, Nalanda or Kashi were some of the wellknown places where such schools were located in ancient India. There schools had great reputation not only in India but also in far off lands.

Taxashila, situated a few miles from Rawalpindi (Pakistan) was the most important seat of Vedic learning dating back to the 6th Century B.C. It attracted students from all seats of learning in India like Rajagriha, Mithila, Kashi, Ujjain, Kuru, etc. It was a fashion amongst the royal and well-to-do Brahmin families of those days to send their children to these schools.

Nalanda was yet another center of learning which flourished from the 8th to 12th Centuries A.D. Chinese pilgrims Hieun Tsang and Itsing who visited India around 8th Century A.D. during the reign of Emperor Harsha have kept many records of Nalanda. They spent many years studying in the school of Nalanda and returned to their home country as scholarly individuals. They have stated that students from China, Japan, Korea, Tibet, and Mongolia came to Nalanda. Nalanda was a great university town in those days. The area covered by the Nalanda University was a mile in length and half a mile in breadth. There were eight big halls and 300 lecture rooms. A huge library was spread over some buildings. Some of the buildings were six stories high. At this place about 10,000 students studied under the supervision of 1500 teachers. Food, clothing and tuition were all free. Such was the grandeur of these ancient schools of learning where

Ayurveda enjoyed a high reputation.

Great care was taken while choosing a student for admission into these medical schools. Students born in good cultured families of reputed physicians were given preference. A student was required to be polite, attentive, truthful and hard working. Functioning and condition of a student's sense organs such as eyesight, hearing, sense of smell and sense of taste, voice and other abilities were studied. A student's ability to understand true meanings of terms was checked. Actually most able physicians and teachers presided over the selection committees and they made all efforts towards guarding the entrances of medical institutions and the field of medical practice from mean and unqualified persons. They were rightly called 'guards of the doors' or *dwarapals.* Formal admision of a disciple was carried out in a small ceremony where the presence of trained physicians and scholars was necessary. An offering of clarified cow butter (ghee) was made to the HOMA Fire to mark the occasion. The preceptor or teacher laid down an ethical code for the disciple. For example he advised them as follows :

Follow strict disciplines and behave in a manner that is appropriate to the life of a student.
Abstain from sex and alcohol. Be a strict vegetarian. Do not commit adultary, Grow a beard.
Surrender yourself to me and have faith in me.
Follow my instructions.
Be mindful and act without ego. Make sincere efforts to cure your patients and never have ill will towards them.
Women in the absence of their guardians or husbands should not be dealt with
Always enter a patient's residence with a person whose entry is approved and appreciated.

In such an atmosphere a student continued his education. This was over a period of long duration. Great stress was laid on practical training. A student was taught to practice the methods of surgery by using symbolic objects and performing a mock surgery. Objects like gourds, pumpkins and watermelons were used to teach how to make cuts on a body. To teach incisions, skin bags full of water were used. Teeth of dead animals were extracted for demonstration. Suturing was carried out on pieces of skin, hide or cloth. Bandaging was taught by using full sized dolls.

Students who had attained mastery in the theroetical texts of medicines but who were not trained in practical aspects of medicine were compared to warriors who had merely read about the weapons. If such were led to the battlefield they would be frightened. Similarly, if a physician without practical training faces patients, he would be confused. It is stated in Ayurvedic tradition that a person who is merely trained in the practicals of medicine but who has not finished the regular study of the theory or someone who has merely read the theory but has not undergone the practical training starts medical practice then he is liable for death penalty.

A physician is advised by Ayurveda to cure diseases which are curable. If they are incurable, at least he should try to treat them with medication and relieve the pain of a person. He is warned not to boast of curing impossible ailments.

If we study the basic Ayurvedic approach to human health and disease, we will find that it is through, comprehensive, deep and psychosomatic or wholistic. For an Ayurvedic physician, the health, illness, human body and the psychic constitution presented a complete picture. For him these factors were never dissociated or separate from one another. According to Ayurveda, any phenomena of health, happiness, disease and pain is the manifestation of the interaction between mind and body. Whenever a complaint was reported and a patient admitted, the Ayurvedic Physician did what may be called "Solving a jigsaw puzzle."

You are given a picture broken down in many small pieces. These pieces are disorganized. What you do is arrange them in wuch a careful manner that you get the original picture. Similarly the Ayurvedic physician checks the condition of his patient using his own faculties of touch, smell, hearing etc. Then he checks the tongue, pulse, skin and fever of a patient. Then he goes on to ask the patient about the nature of his complaint, its symptoms, what triggered the disease, etc. He collects enough background about disease, mental state of a man, his psychic constitution and goes on to complete his own diagnosis and decide a mode of treatment. It was understood that in many cases, the mental state of a person given rise to somatic or bodily ailments and in some cases, the bodily ailments produce stress on the mind and illness thus increases and manifests in many ways. Ayurveda has correctly and precisely noted that the psychic stress and many mental attitudes often play an important role in the causation of a disease.

They have listed feelings like lust, anger, sorrow, jealousy, etc. as the major causes of illness. These negative feelings are called crocodiles which catch your feet and pull and plunge you into disease.

Charaka, the ancient authority, has recorded that mental depression is the prime cause of bodily disorders. Disgust gives rise to antivirilistic attitudes and a man becomes temporarily impotent or unable to have sex. He further notes that grief or sorrow is the cause of weakness.

This is enough to point out how the Ayurvedic treatment of illness and health was wholistic. A man was studied in all respects, the condition of his body as well as his mental state. Judgements were based on man as a whole. Body and mind were understood as two sides of the same coin, always together, never to be separately viewed.

Let us find out something about Ayurvedic mode of clinical examinations. Ayurveda has described in detail the overall, general and thorough plan for examination of a patient. The physician is advised to make extensive use of his own sense organs and faculties. With his ears, he is advised to hear the sounds of moving gases in the intestines, the sound of the respiratory functioning and also cardiac sounds. Further by his sense of touch, he can feel the hardness, swelling or fever. By his eyes, he should note the signs of weakness or strength shown by a patient as also color of wounds and their general condition. By asking the patient about his sense of taste, the physician makes further observations. He should note the smell of urine and stools. In this way, all the abilities of a physician are employed in an examination. The patient is further checked as regards to tongue, skin, voice, pulse or NADI, urine and stools, condition of eye etc. Also the study of the vitiation and derangement of bodily tumors is made. From all such information gathered during a clinical examination and also during the patient's narration of complaints, an able Ayurvedic physician with all help of the thorough knowledge of theory is able to reach the correct diagnosis and thus is able to decide the line of treatment.

Ayurvedic science of herbs is extremely interesting for a student of the history of medicine. It is vast and comprehensive. Ayurveda has dealt with many aspects of herbology such as classification of herbs according to their action, pharmacodynamics, the factors that govern the specific action of an herb, etc. It also gives detailed descriptions of various species of herbs.

The various parts of an herb to be used by the Ayurvedic physician included root, bark, gum, leaves, fruit, flowers, pith, milk, juice, etc. The herbs are collected from forests as well as grown in herb gardens connected with the houses of physicians or clinics.

An Ayurvedic physician showed great reverence towards the potent herbs. They were honored as 'divine substances' and were emotionally prayed for and worshipped and were requested to effect cures. For example, the yogic healer says, "Oh herbs with fruits and those that bear no fruits, with flowers and others flowerless, you are directed by the active principle and potency in you. I request you to relieve our disease and pain!"

In the process of making Ayurvedic preparations and medicines, many parts of herbs and various mineral substances were used. Even though a certain substance or an herb contained the potency and power of relieving a disease, it was experienced that for using it on human body, the substance of an herb had to undergo certain treatments and changes. Some substances though they had useful ingredients also had some ingredients that were harmful for the human body. Thus it was felt necessary to detoxify them before actual use. It was necessary to change the original raw form of an herb or substance into a new preparation or form which was acceptable to human metabolism and which was easily usable and practical. This is how the science of Ayurvedic Pharmacy was born. Here many types of preparations like decoctions, herbal, teas, fresh herbal juices, tablets made from herbal powders, herbs and herb juices blended by fermentation for their preservation, herbs preserved in brown sugar or jaggery and oxides of certain metals like copper, iron, gold, etc., were used. Practical training for the manufacture of these requires a long training and hard work.

In India the manufacture of Ayurvedic products is governed by the Central Governemnt's 'Food and Drug Administration'. To be able to start manufacturing Ayurvedic products one needs permission from the concerned department. The experts visit your plant and inspect it throughly. They check the hygienic conditions, equipment you have, the technical person who is in charge, his qualification and experience etc. Then further the formulations that you wish to start making are checked for all details and are studied carefully. If every aspect is positive, you are licensed. This is reviewed at the end of each two years. Similarly, the Ayurvedic medical education also has become competitive. After finishing your school after twelve years and spending two years at a university studying anatomy, chemistry and physics, you are admitted to the Ayurvedic Medical School. Admissions are hard to get as there are best qualified students waiting in line. After admission you study Ayurvedic medicine for 4 years and complete one year of practical training. At the end of this, you are allowed to start your practice.

Thus friends, I have tried to narrate in brief certain fundamental principles of Ayurveda during the course of this talk. Now we will have a look at certain slides that I have made especially for the demonstration of this lecture. These have been made in Shivapuri at our herb garden and plant for making Ayurvedic preparations.

US Satsang Vol. 14, Nos. 12 & 13,
November 6 & 20, 1986

Homa and Diet a Wholistic Approach

Noni Ford

The stress of day-to-day living is taking its toll. Around the world and within our families, we are experiencing untold misery and suffering. The need of the day is for wholistic health services which assist in the process of restoring health and balance. The development and implementation of wholistic health services focuses on two essential elements—Homa* and diet. Homa takes care of stress on the mind and body both and diet and exercise take care of stress on the body. Stress on body and mind affect each other.

Food as Medicine

A review of *Satsang* and other materials indicates that proper nutrition and diet can no longer be ignored. We can pretend we are healthy but the reality is that our bodies are in need of healing or the restoration of health.

"We must increase our awareness of what foods we are requiring for proper balance of energy. If too much of a wrong food is ingested it causes an energy imbalance resulting in mood changes, listlessness, hyractivity, minor skin disease and general malfunctioning of the body. Let us work harder to become more aware of our body's needs and not our mind's desires."

("Wholistic Approach to Health Care: Vasant's Talk with Homa Teachers," *Satsang Vol. 10, No. 12* (November 4, 1982) page 1.)

Awareness of what we eat and the impact on our bodies is a first step. Just think about it. The diet I have been following for years has resulted in various health problems from which I suffer. Can I expect this same diet to restore my health? A diet based on my mind's desires has resulted in energy imbalance and general malfunctioning. Can I continue to ingest these foods and expect a proper balance of energy to result?

"Vegetarian diet is the main step but once you become a vegetarian still it is possible to have poor nutrition. Less Karma but still you have to become aware of the needs of your body. If, for example, you eat only cheese and bread, you will find the body is unbalanced. So slowly begin introducing purer foods into the

*Homa is the process of purification of the atmosphere through the agency of fire as given in Vedic science of bioenergy. *Agnihotra* is the basic Homa.

body. Learn as much as you can so you can share this knowledge with others."

(*Vasant's* Talks with Homa Teachers)

A diet of purer foods will both cleanse and strengthen the body. "A stronger, cleaner system can better defend itself against the millions of germs, stresses and potential carcinogens we are exposed to daily. By cleansing I mean the removal of metabolic wastes and excess accumulations of foreign matter such as protein, mucus, liquid, fat, calcium and other minerals; metals like mercury, lead, cadmium, arsenic, aluminum, chemical residues from food additives, drugs, food sprays and air pollution; radiation from X-rays and so on."

("The Hipocrates Diet and Health Program" – Ann Wigmore)

Modern day living has made it increasingly difficult for our eliminative organs to function properly. The colon, skin, liver, kidney and lungs are struggling to perform their ordinary cleansing function and are required to respond to a diet composed of animal foods, plant extracts and chemicals, as well. "Our digestive system simply wasn't set up to perfectly separate the nutrition from the chemicals, and some potentially harmful residues may remain."

(Ann Wigmore)

Homa Heals

Homa and diet consitute the wholistic approach. We recognize the importance of a wholistic approach in which we do not merely enter into a program of treatment given by a doctor but, rather, assume some responsibility for our movement toward a healthy state. Movement toward a healthy state is a diffucult process when we consider that our imbalance is the manifestation of consequential patterns resulting from habits—behavior acquired by frequent repetition—or physiological exposure that shows itself in regularity or increased facility of performance.

Homa makes a difficult process easy because the practice enables us to use the mind to train the mind to set right the disharmony which is manifest at the physical and/or mental level. The objective is to restore the mind to a state in which it is an active tool in the regulation of life patterns. We have learned, further, from modern medicine that poor health and disease are substantially influenced by the interplay of subtle energies which may be below the electromagnetic level. However, little is known at present about the intensity, existence and magnitude of the working of these energies. The science of Homa operates in full consideration of the interplay of subtle energies, making Homa *the* essential factor in the process of restoration of health.

This discussion of Homa and diet is geared to a setting in which Homa is done daily in the form of morning and evening Agnihotra, at a minimum. The addition of Om Tryambakam Homa at least on full and no moon days prepares us for the restoration of health through reduction of tension and stress from the mind.

The prescription for diet is equally as simple—begin to add purer foods to the body. This process starts with a systematic and sincere effort to become knowledgeable about foods and their impact on health. The amount of information in the form of books, articles and tapes about vegetarian diets is vast. Information ranging from juice diets to macrobiotics is readily available at health food stores and bookstores. As we increase our awareness and information base, we come face to face with our responsibility to eat for harmony and balance and to share this knowledge with others.

To assist persons in need of guidelines and recommendations for getting started, several teachers compiled suggested daily menus and recipes at the Women's Meeting. The weekly menus which follow combine cooked and raw vegetarian foods consisting of vegetables, fruits, whole grains, nuts, seeds, fresh juices and herbal teas. Non-vegetarian foods—meats, fish, poultry, eggs—as well as sugar and other processed, denatured foods are no foods. This information is appropriately called a healing diet.

Healing Diet

Noni Ford

It is suggested that some people drink only lemon juice or water every Monday from midnight til 6 p.m. But for those not on that regime the following menu for Monday is suggested.

Beverages suggested for each meal are: fruit juice, herbal tea sweetened with honey for breakfast; vegetable juice, grain drink, herbal tea sweetened with honey for lunch and dinner.

If you need to eat in between meals the following foods are recommended: whole fresh fruit, raw vegetables, fresh squeezed juices, nuts, seeds, dried fruit, or tea sweetened with honey.

One teaspoon of bee pollen is a good addition to the diet everyday as it is a total food. It's recommended that it be taken at breakfast.

Week One

Monday:

B: Diced apples and banana with sesame meal and cinnamon.
L: Salad and lentil soup
D: Salad and nut loaf (see recipe card)

Tuesday:

B: Mixed fruit with cashew creme sauce
L: Sandwich (vegetable spread, sprouts, tomato and lettuce)
Cold vegetable soup (see recipe card)
D: Avocado stuffed tomatoes or other avocado dish (see recipe card)
Salad

Wednesday:

B: Orange and grapefruit salad with cottage cheese
L: Noodle vegetable salad
Fresh squeezed vegetable juice
D: Salad
Baked tofu burgers

Thursday:

B: Fresh fruit and raw granola with nut milk
L: Raw carrot salad (see recipe card)
D: Salad
Bean casserole

Friday:

B: Banana, pear, figs with yogurt sauce sweetened with dates
L: Salad
Corn chowder with vegetables (see recipe card)
D: Tofu egg salad on bed of sprouts
Salad

Saturday:

B: Ambrosia – ½ avocado, 8 dates, 2 pieces of pineapple. Blend.
L: Salad
Vegetable stuffed with nut spread
D: Salad
Steamed/stir fried vegetables and rice or couscous

Sunday:

B: Nut porridge with fresh fruit (see recipe card)

L: Salad
Tacos with cheese

D: Salad
Goulash (see recipe card)

Week Two

Monday:

B: Bananas with almond butter creme. (Dilute 1 tbs. of almond butter with water.)

L: Salad
Vegetable soup

D: Salad
Nut loaf

Tuesday:

B: Fresh fruit with seed sauce

L: Sandwich with vegetable spread
Cold vegetable soup

D: Salad
Steamed vegetables with nuts or cheese sauce

Wednesday:

B: Apple sauce (2 lg. apples diced, ¼ c. raisins, 2 tsp. lemon juice, ¼ c. apple or orange juice. Blend.)

L: Noodle vegetable salad
Fresh squeezed vegetable juice

D: Salad
Tempeh/tofu on a bed of sprouts

Thursday:

B: Fresh fruit and raw granola with nut milk

L: Raw potato salad
Vegetable stuffed vegetable sticks

D: Salad
Vegetable omelette with cream cheese

Friday:

B: Fresh fruit and sunrise sauce (see recipe card)

L: Raw soup
Bread and butter

D: Salad
Tofu-sesame-veggie balls on a bed of sprouts

Saturday:

B: Apple and pineapple salad
Nuts

L: Salad
Nut stuffed vegetable sticks (i.e., peanut butter)

D: Salad
Indian vegetables over rice and chapati

Sunday:

B: Nut porridge with fresh fruit

L: Salad
Pizza

D: Salad
Vegetable casserole – raw (see recipe card) or steamed vegetables and essene bread and butter

US Satsang Vol. 14, No. 10, October 2, 1986

Healing Effects of Yajnya

Vasant

A subtle stream of energy from the sun strikes the Yajnya fire during daylight hours. This creates a healing radiation in the area surrounding the Agnihotra pyramid.

The amount of force that is thrust from the Agnihotra pyramid at Agnihotra times, i.e. at sunrise and sunset, cannot be harnessed. There is enough energy though from one Agnihotra pyramid to give light energy to an entire city.

The power of life comes from the Agnihotra pyramid fire. Just at that time, in that time band, there is so much power coming from the pyramid that it can change the structure and formation of all the atoms, i.e. stuff, call it, that makes up the Universe. Agnihotra Homa brings everything in nature into balance.

If plants are placed in a room where vibrations of Agnihotra pyramid fire are maintained, one subtle enough can actually see growth, communication, etc.

When the plants feel the Agnihotra smoke, when the birds smell the Agnihotra smoke, thay know what is coming is Agnihotra and they become happy. Actually the plants call out, they reach out for Agnihotra. When Agnihotra is done under a tree, immediately, as soon as it feels the smoke, it begins to become happy. The birds lay waiting, anticipating the Mantras around the place where Agnihotra pyramid fire is practiced regularly. Then it is all joy, all love throughout all of creation exactly at that time when Agnihotra is performed.

Trace elements in the soil are disappearing. Soil in many places is unable to support plants. Trees are dying for unknown reasons. Yet, when Agnihotra is performed the plants dance and thrive. They are thankful for the nourishment Yajnya (HOMA) brings. It is Grace.

Agnihotra is the panacea for all life. All of nature sings out, rings out with joy when Agnihotra is performed. Birds sing, plants dance, man's frolicking mind becomes calm. Such a special gift in the form of Agnihotra is given to all creation by Shree. (Shree, Parama Sadguru Shree Gajanan Maharaj of Shivapuri, Akalkot, India, is Kalki Avatar. Kalka in Sanskrit language means pollution. Kalki Avatar is an Avatar who has come to preside over the destruction of pollution and to usher in the Era of Superscience. First comes this science of farming, then the science of space technology, then the science of radiation. This is why we are going to the top scientists. They are the ones who are equipped to understand and to explain to the people that what we are saying is true, and what we are giving the world is a means to save our planet from total destruction.

Food grown by HOMA Farming helps the mind in its efforts towards meditation. The very practice of making love to plants takes away much of our effort in meditation. Agnihotra pyramid is alive. Healing vibrations come from the pyramid.

IN ADDITION TO OTHER EFFECTS, AT CERTAIN INTERVALS BURSTS OF ENERGY EMANATE FROM THE AGNIHOTRA COPPER PYRAMID DEPENDING ON THE PHASE OF THE MOON AND THE POSITION OF THE EARTH IN RELATION TO THE SUN. THESE BURSTS OF ENERGY THRUST NUTRIENTS AND FRANGRANCE THROUGH THE SOLAR RANGE HAVING A PROFOUND IMPACT ON THE MIND.

TREMENDOUS AMOUNTS OF ENERGY ARE GATHERED AROUND THE AGNIHOTRA COPPER PYRAMID JUST AT AGNIHOTRA TIME. A MAGNETIC TYPE FIELD IS CREATED, ONE WHICH NEUTRALIZES NEGATIVE TYPES OF ENERGY AND REINFORCES POSITIVE TYPES OF ENERGY. THEREFORE A POSITIVE PATTERN IS CREATED BY ONE WHO DOES AGNIHOTRA MERELY BY HIS/HER PERFORMANCE.

Let the people know there is something to give them everlasting relief. THAT SOMETHING IS AGNIHOTRA.

The basic thing in HOMA Therapy is to HEAL THE ATMOSPHERE. HOMA fire does exactly that. The healed atmosphere gives nutrition to plant life, improves the texture of soil, purifies water resources, reduces disease, energizes the homeostatic apparatus of the body and brings all nature into harmony. It has a great impact on the mind and the mind is pushed in the direction of love. Agnihotra is the basic HOMA which establishes a healing cycle in the place where it is performed. Other HOMAS strengthen this healing effect. However, without the basic healing cycle created by Agnihotra Yajnya other Yajnyas (Homas) are not to be done.

Various types of YAJNYA (HOMA) fires could be done for different purposes. At the junction of two seasons there is likelihood of disease among humans, animals, birds, plants, etc. and hence specific Yajnyas (HOMAS) are recommended by ancient science. A few examples are mentioned below.

Eucalyptus can be put in YAJNYA fire with certain oils to cause healing effect.

You can change a whole area, a whole community by doing a certain Mantra and offering in YAJNYA fire oil from sandalwood, clarified cow butter and some certain musk.

Sandalwood put into HOMA fire has an astounding effect on the mental fibre.

The cannibus plant is also medicinal when put into fire with certain other herbs and with certain disciplines. To abuse the plant for one's sense pleasure is misuse of its properties.

The Vedic science of Medicine refers to medicinal YAJNYAS. Following are a few examples.

Baby's breath and comfrey with clarified cow's butter and cow's milk and offered into YAJNYA fire with the right hand and chanting certain Mantras while standing will cure any virus, even virus of the muscles and skin. (Why right hand? It is stated that electrical type impulses come through the hands of a holy man. They are really more like charges.)

Catnip put into YAJNYA fire is good for allergies. Camomile and spearmint put into YAJNYA fire is good for cold and virus germs that accumulate in an area.

The ancient science also states that certain medicinal herbs grow only in

YAJNYA atmosphere.

If there is some kind of brain disorder, if the affected one will sit for Agnihotra Homa twice daily at sunrise and sunset, the smoke has a good effect on the brain, on the nervous system.

By performance of Agnihotra pyramid HOMA the blood gets purified. You sit at Agnihotra fire and breathe in the smoke which goes quickly into the bloodstream and lungs. This has excellent effect on the ciuculatory system. Those with blood disease will be quickly remedied by performance of Agnihotra Homa and even more so if Agnihotra ash is ingested daily. All this forms part of HOMA Therapy.

Due to pollution, heart conditions begin to pop up out of nowhere. Children begin to develop heart conditions because of pollution. Only way out is YAJNYA. Perform Agnihotra.

If one who has a certain purity chants certain Mantras with intensity, with devotion in the direction of Agnihotra copper pyramid the brain cells begin to renew themselves thereby removing disorders. So much can be done with HOMA.

If we do 'Satyam Sharanam Gachhami' Mantra in front of Yajnya fire it has a purifying effect on the front portion of the brain.

Of course all these other YAJNYAS (HOMAS) are to be done at a place where Agnihotra is regularly practiced and by a person who practices Agnihotra regularly to bring about the healing effect.

Ancient science mentions pollution related diseases in birds and Agnihotra ash as cure. Following is an example. Due to pollution geese carry disease. It is a fungus that grows between the oily coating on their feathers and their bodies. Merely losing a feather and it making contact with something living brings about headaches, body aches, nausea, vomiting, dizzy spells, blackout, eventual loss of motor coordination as the disease spreads to the blood and then the brain. What is the cure? Keep a glass of water in a green glass in the sun. After one day put powdered Agnihotra HOMA ash in the water. Mix them. Strain the ash. Drink the water. Drink juices and eat only fruit and fresh green leafy vegetables. Drink boiled water and have plenty of rest.

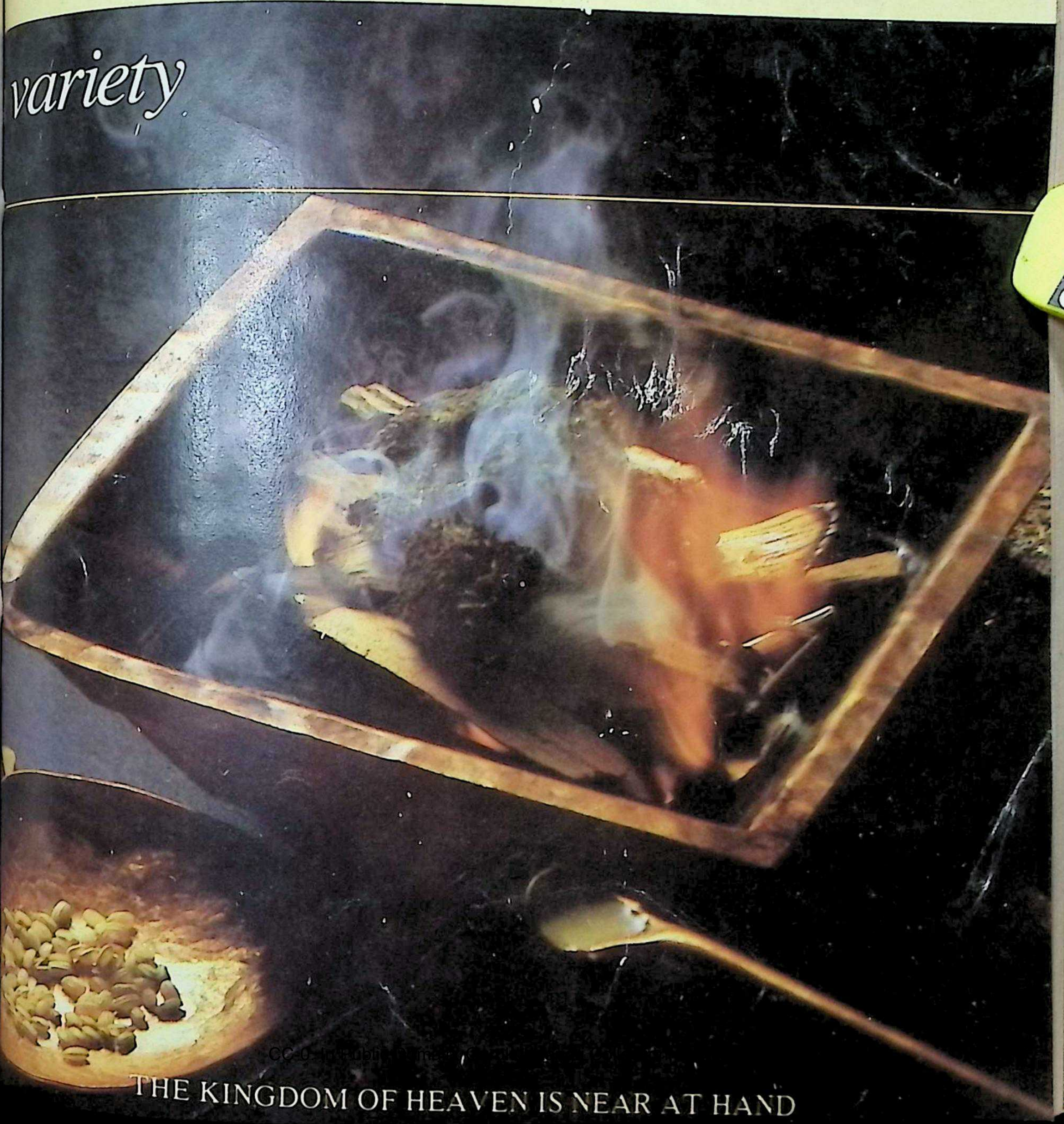
A few years ago Berthold and Monika Jehle of West Germany were given revelations about this ancient lost science of Agnihotra ash medicine and they came out with certain preparations which are widely practiced now as folk medicine in many countries especially Poland and Chile. They are not sold but a person practicing Agnihotra fire can easily learn and do them on a 'Do it yourself' basis.

YAJNYA is the master healer of all disharmony and also the bearer of material abundance and mental peace.

पुस्तकालय
गुरुकुल काँगड़ी विश्वविद्यालय
हरिद्वार
0|4|87

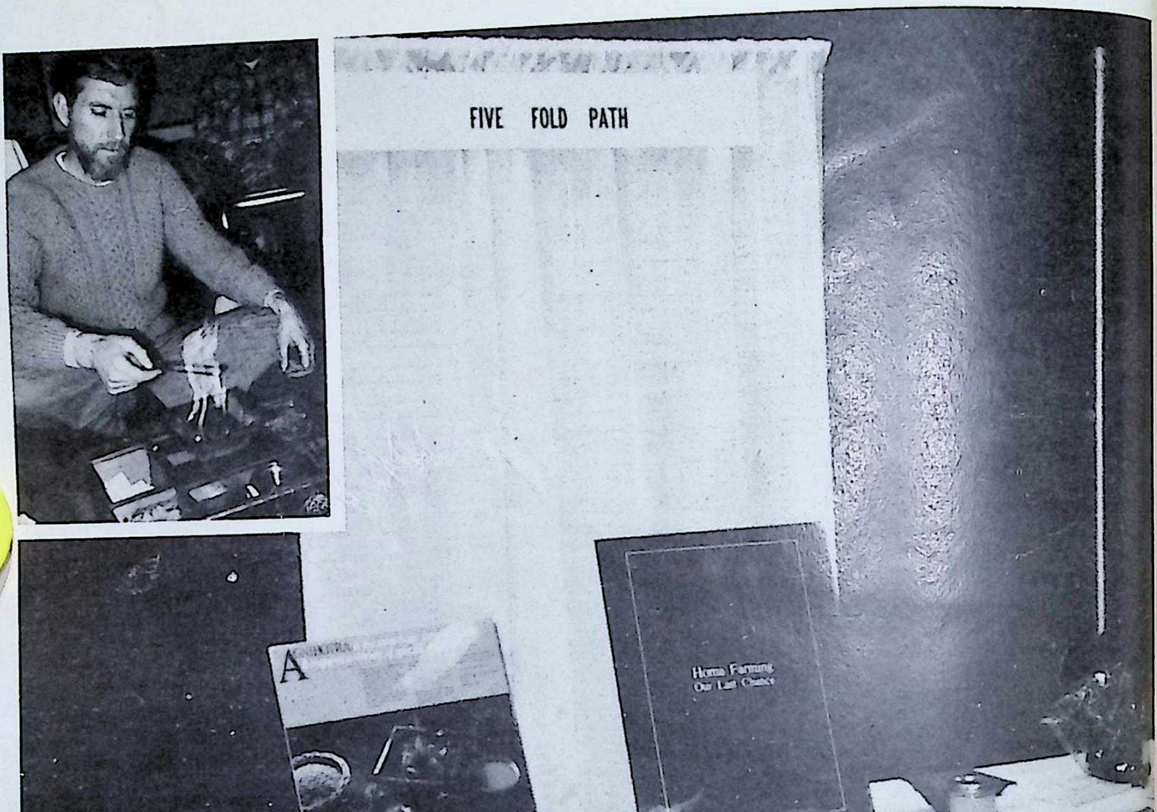
Bharatiya Satsang

JANUARY 1987 NEW ERA 44 VOL VII No. 8



CC-0

THE KINGDOM OF HEAVEN IS NEAR AT HAND


FIVE FOLD PATH
A
Homa Farming
Our Last Chance

Jerry Hodges and others demonstrated *Homa* at Acres USA Conference 1986.

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

8/4/87

Bharatiya Satsang

JANUARY 1987 NEW ERA 44 VOL VII No. 8

VASANT'S TALKS IN EASTERN EUROPE

November, 1986.

Chernobyl is nothing compared to what is coming. The scientists must now awaken. They will tell the world:

"BY DIVINE WILL THERE IS A WAY TO SAFETY. THERE IS A SHELTER. IT IS AGNIHOTRA GIVEN BY DIVINE GRACE. THE VEDAS ARE SCIENCE. THE VEDAS ARE SUPER SCIENCE".

We have only begun to realize that the potential of life is limitless. The intellect has boundaries which it cannot cross. SELF STUDY (Swadhyaya) of the FIVEFOLD PATH, the true self, offers the answers to all the secrets we have ever wanted to uncover. Funny thing is, when you realize this, there is no need to know because you become that mysterious realm of secracy we have all always wanted to enter. This may not make any sense to most of you but it does not matter.

For those that understand there is a way out, the Fivefold Path. For those that don't there just is not any. Those of you who don't, I am afraid, will perish no matter how angry what I say makes you, no matter how powerful you think you are·*The Divine is all powerful.*

(US Satsang, vol. 14, No. 15 Dec. 18, 1986)

FIVEFOLD PATH AT ACRES USA CONFERENCE- 1986

Jerry Hodges

From the interest expressed by many of the conference attendees, you would have thought we were in Poland or South America where turnouts to programs sponsoring talks on Homa Therapy and Homa Therapy Farming are always heavy. This was the first year that Fivefold Path had an independent exhibit at this conference to present Homa Therapy Farming. We are very grateful to Advanced Sciences Research & Development Corporation for allowing us to share space at their exhibit in prior years.

Many of the approximately 500 people in attendance came by the exhibit to inquire about Homa Therapy Farming as well as talk about the difficulties they are experiencing as farmers. These brothers and sisters are extremely conscious of the deteriorating conditions which *Satsang* revealed years ago would occur in these days. The farmer is feeling the first drops from the waves of disaster that is cresting with more waves of trouble following.

From the Acres, USA newspaper we quote the following from the section entitled "Eco-Update" :

THE NUCLEAR MERCENARIES

Ah, my friends! Lift your eyes, lift your eyes quickly to the sky while it is still blue. Touch the earth before it disintegrates. Run for a drink from the spring before it becomes poisoned. Go swim in the ocean while it is still possible to do so.

But above all, watch your children at play before they lose their energy, before their blood turns sour, before the fever slowly consumes them.

You worry about their feet getting wet, the poor little ones! You worry about their catching a cold. You are afraid that they might miss their exams, the poor kids!

But the sophisticated tortures being prepared for them by the nuclear mercenaries : you don't even think about that, do you? -Lanza del Vasto."

AFTER CHERNOBYL

After Chernobyl the French farmers are having difficulty getting their produce tested for levels of radioactivity. The government is not giving any help at all. The necessary equipment is too expensive for the ecology oriented farming cooperatives.

As the winds weren't very strong at the time of the Chernobyl accident, most of the radioactive fallout dropped directly into the sparsely populated swamp and forest area (about 250,000 acres) in the vicinity of the plant. The more densely populated regions, all further away, were not directly affected as much.

However, theses swamps flood out regularly every spring and autumn, draining directly into the Dnieper

River. The Dnieper River is the backbone of the Ukraine. Fifty million people depend on it for drinking water and irrigation. The swamps are now loaded with high concentrations of radioactive heavy metals, with the bulk of the Chernobyl fallout. The area is far too large to drain effectively. There is no way to prevent the swamps from flooding out as usual into the Dnieper River with the autumn rains.

The Dnieper flows into the Black Sea, which opens into the Mediterranean.

In the Ukraine, rainfall is not reliable during the growing season. Large scale agriculture would not be possible without the irrigation canals from the Dnieper. The Ukraine normally provides two thirds of the sugar beets for Russia and Siberia, half the sunflowers, a third of the fruit, a quarter of the grapes, meat, milk and eggs and fifth of the grains and livestock. As soon as those swamps flood out with the autumn rains, there is no way to prevent colossal unprecedented contamination of the irrigation ditches and the entire Ukrainian chain.

NATURE AT PROGRESS

The following is more evidence of what we have done to ourselves and other species of the planet :

CANCER NEAR NUKE PLANT

'Substantially elevated' numbers of leukemia and marrow cancer have been found in people living in Plymouth, Massachusetts and four other towns near the Pilgrim nuclear power plant according to public health officials.

Cheryl Nickerson, a lifelong Plymouth resident said, 'There are clusters and clusters of cancers. It stretches out in neighborhoods right around the plant. It has shocked everyone who has seen it'.

THE ALDICARB FACTOR

The Wisconsin Division of Health has advised people to stop drinking water as it was contaminated-----Potato fields.

Health officials recommended allowable contamination levels be lowered from 10 to 1 part per billion.

Now State research has revealed damage to the immune systems of women who drank tainted water. CELL DAMAGE SOMEWHAT SIMILAR TO AIDS WAS DETECTED IN DIRECT RELATIONSHIP TO THE LEVEL OF ALDICARB INGESTED.

The new evidence has sent residents scurrying for bottled water. Now demands for a total ban are heard everywhere. The State is being pressured to the Union Carbide, manufacturer of the pesticide, which still refuses to shoulder the cost of alternative drinking water. The potato farmers who apply the pesticide remain what they are, chemical amateurs who have still to learn the precepts of eco-agriculture.

MORE TRACES

"Traces of potentially cancer causing herbicides have been detected in Sacramento's public drinking water. The weed killing rice herbicide, Basagran, has been named. Officials told the public not to panic."

A NEW CHICKEN KILL

About 67,000 chickens were destroyed in Arkansas recently after being fed pesticide contaminated feed. Banquet Foods found chlordane, a carcinogen, in the chickens. Chlordane, a chlorinated hydrocarbon, is a highly poisonous volatile oil. It is sold over the counter as a termite control agent and used rather carelessly by layman and professional alike.

DDT THE UN-DEAD

DDT has been banned for approximately 15 years; yet it continues to walk the planet like Bram Stoker's undead. In Washington State last month, a Department of Ecology study estimated that 14 pounds of DDT enter the Yakima River each year. The carcinogen arrives in the river via soil erosion between Yakima and Sunnyside. The study revealed that levels of the toxic substance found in fish and sediment samples are high enough to be of concern.

Study tests have revealed that many of the drains are the source of metabolites of DDT as well as insecticides, namely dieldrin, endosulfan, endrin, polychlorinated biphenyls (PCBs) and mercury. High levels of DDT occur during the irrigation season.

And finally, there is an article concerning a subject that practitioners of Homa Therapy Farming have realized as having a tremendous impact in the near future.

PRODUCTIVE SEEDS

During a long drought people may be forced to eat the seeds intended to grow crops in order to stay alive. Then when the rains begin again, they have no seeds to plant. Thus seeds are one of the most important resources richer countries can share with poorer countries.

In Saharan and sub-Saharan Africa many people have lived a traditional nomadic life with herds of camels, sheep and goats as their means of subsistence. With a prolonged drought there, the nomads had to settle in one place and learn to garden. They need seeds to help them get started.

But seeds developed in one country or climate do not always do well in another. They must first be tested to make certain that they would grow in the new location and that the farmers there would not be disappointed.

The distribution of seeds shows the necessity of cooperation between government and church agencies.

IN A NEWLY RELEASED BOOK WRITTEN BY SATSANG EDITOR VASANT PARANJPE ENTITLED *"HOMA THERAPY FARMING-OUR LAST CHANCE,"* DIRECTIONS ARE GIVEN ON HOW TO GROW CROPS THAT WILL YIELD DROUGHT RESISTANT SEEDS THAT WILL BEAR EXCELLENT FRUIT IN OTHER CLIMATES.

At the Acres U.S.A. Conference demonstrations of HOMA were given each sunrise and sunset by performing Agnihotra, the basic HOMA followed by a brief 15 to 20 minute period of silence to enable participates to focus in on energy changes. Each person then shared his reflections on the process. Some typical reported experiences were a deep sense of relaxation, changes in subtle energy fields, different colored lights, tingling sensations around different parts of the body, detachment from the body, deep peace, and many other *"altered state"* conditions.

On the final evening of the conference, AGNIHOTRA, the basic HOMA and two other HOMAS used in farming, were taught along with a demonstration on how to make ghee i.e. clarified cow butter used in the process of AGNOHOTRA. This was truly an amazing group of people. Mantras were learned in a mere matter of minutes. They certainly proved how simple performance of Homa is. Many purchased Agnihotra pyramids and the new Homa Therapy Farming book, Within a day of my return to the State of Maryland, there was a call from one of the persons from the conference ordering 3 more pyramids for Agnihotra.

In addition to activities around the Acres Conference, assisted by Abigail Dick, from Laramie, Wyoming, presentations were given to training classes being held by Farm In Balance. Our old friends Mark Moeller from Arkansas and Gene Litwiller from Illinois, have formed this organization to provide new age agriculture consulting. Their separate advanced and beginner classes primarily involved the use of psychotronic devices as well as other *"new age"* concepts. Following are some excerpts from the talks given on Homa Therapy Farming:

"Homa Therapy Farming is pure science. The basic underlying scientific theory conforms to the laws of relativity. Through the use of form energy, i.e. pyramid, use of material substances containing special forces, fire, the agency for change of material substance, and the use of Mantra, vibrational frequencies to set energy in motion, the process of Homa Therapy sets up energy fields or patterns that are harmonising to the physical and metaphysical planes."

"As soon as the Mantra is uttered and rice is put into pyramid fire the performer's job is complete although many people who are into mediation sit for a while because it is easier for them to experience greater depths."

"We want you to treat this demonstration of Agnihotra as an experiment to observe the subtle energy changes around yourselves. Of course, that which effects you also will effect your crops in a similar way. The extent that we are able to center or concentrate the mind during this demonstration will be the extent we are able to observe the subtle changes, which then are in fact not so subtle. If you have a specific technique in centering and feel comfortable with it, that is what should be used. However, if you do not have a method or are not comfortable with the one you have, may we suggest that you concentrate on the flame itself".

"When the fire gets nearly exhausted, close your eyes and continue to visualize within the mind. During this process, anytime thoughts come refocus upon the flame as soon as it is recognized. For example if a thought comes that says 'Oh, I locked my keys in the car', and the thought at that point as opposed to carrying it out further with 'how will I get the door open? Perhaps I shoud call AAA'etc. The idea is to stay centered. Although there will be many things happening during the process, it is best not to reflect on the experiences until we have a signal, the watch alarm sounding, to end the experiment."

(US Satsang, vol. No. 15 Dec. 18, 1986)

LETTERS TO SATSANG

The HOMA Farming exhibit at ACRES U.S.A. Conference was an incredible success this year. I have never seen anything like it in U.S.A. Perhaps this is a sign that things are beginning to move fast for HOMA Therapy.

After Kansas city a HOMA program was done at Bergen Park, Colorado which is about 11000 feet up overlooking Denver. This also was an incredible evening. Many people came and all learned the basic HOMA Farming Mantras.

It is possible to breathe the light, PRANA, in crystaline air of HOMA atmosphere. Light is food for higher consciousness, sublime wisdom. Vision is so pure in rarified air. Breath is taken in long slow intervals. As world becomes more polluted HOMA becomes more powerful, its contrast more apparent.

David Sawyer

It is interesting to think about what we can do when all of us sit down at sunrise and sunset to do AGNIHOTRA. As we light the fire if we concentrate in total love, compassion and hope for mankind and the world we are creating a field with which others can begin to resonate. And we are not just on a small island; Agnihotra is practiced in all continents.

What a wonderful thing it is. THE TIME IS TRULY NOW. It is not a time for nodding off in front of the fire. It is time for real effort and concentration. It is the most important work. So why wait? Let us help create an atmosphere of LOVE and bring heaven upon earth in our time. Let us all offer our services to usher in this New Age.

Sandy Sachs.

(US Satsang, vo. 14, No. 15, Dec. 18, 1986)

I highly recommend the use of Agnihotra to transform the anguish of the mentally disturbed. I am a living proof of this transformation. I am now ready to be of total service to others, to write, to illustrate, to speak of this experience.

The gift of the fire was brought to me by Jerry Hodges with unconditional love. Agnihotra fire has been such a powerfully uplifting, such a powerfully transforming vehicle for me.

I needed a force that was stronger than the field energy that keeps me in my thought patterns emanating from ,lust, greed, anger, envy and pride. I am using the force of Agnihotra fire. I have been with the force of this Fire since October 1985. I did not know the power of this force at the time of initiation into the fire ceremony called Agnihotra. The force within this fire is a force which I had never experienced before. The power within this fire is Divine. I have been aided greatly in the monumental task of breaking the bad habits of body and mind by doing AGNIHOTRA meditation.

Agnihotra process is done in a copper pyramid. A fire is prepared exactly at sunrise and sunset to catch the healing energies and make the atmospehre nutritional.

May my instrument play the sweet

music of the flute for all the poeple of this Earth.

Abigail Dick
Wyoming

(Abigail gave many seminars on Homa healing in Wyoming. In November she gave Homa healing Seminar for a group of ladies in New Mexico.)

Jerry Hodges was invited to give talks at the seminars in Wyoming arranged by Abigail. Jerry said:

"There is truly a New Age, the beginning of much promise and hope. As we travel around the world community one begins to notice a new culture that is forming. Its basis is Unconditional Love. It is accepting of all, regardless of their cultural background, political systems or race. As a result of this new culture, if one looks very closely, one can see the formation of an new race. The beginning of the new race can especially be seen in the United States where people of different races and cultures have come to live. Because of travel and communication systems we are no longer able to hide. We are beginning to see our sameness and unity.

"The Kingdom of Heaven has begun on Earth. It is within a thought. As we practice the Eternal Principles of Fivefold Path contained in all religions and disciplines we enter into a new world of peace and happiness, not one just to see but to experience moment to moment."

"Being a good therapist for another person means being full of Uncoditional Love. Unconditional Love accepts all as and where they are. As a therapist this allows us to totally understand another. We are then walking in their shoes."

"You can say 'Well, starting tomorrow I will be full of love'. However it just does not usually work that way. We must begin where we are. We are talking about a changed condition. Our condition in this moment is the result of accumulated actions in the past as our condition in the future will be determined by the way we react to the present moment. Let us react with Unconditional Love and experinece the quality of Peace that passeth understanding".

"I am here to share some very specific tools to aid you in bringing about a condition of peace, happiness and harmony for yourself. You need not change your religion, meditation practices, Gurus or whatever disciplines you are following. If you don't have specific practices and would like to learn some, I will be happy to teach you, although you may learn from the thousands of publications and teachers around the planet."

"I have no investment in whether you use these tools or not. There is no organization to belong; it's just not that way. There is a duty to myself that must be fullfilled in teaching this to you and to others. It would be a terrible disservice to humanity and I would be absolutely remiss in not sharing such valuable knowledge which has come through experience. If you are to realize its effectiveness, then you must practice it to get direct experience. I can say to you that fire is the connecting link to higher consciousness. However, these words mean nothing until you have the direct experience."

"Adding Homa and the other four pathways or disciplines of Fivefold Path merely strengthen your practices. There are no conflicts in the eternal principles of Truth. The sameness of this Truth flows harmoniously through all writings and scriptures. With proper intensity of self-study, the reality of this statement will emerge in your consciousness and the oneness of the Universe will be experienced."

(US Satsang, vol. XIV No. 14 Dec. 4, 1986)

HOMA HEALING AN INTERNATIONAL PHENOMENA

Monica Jehle
West Germany.

Since 1974, we have been practicing Agnihotra regularly and we have been experiencing its blessings. It is a great help.

In the early years of Vasant's tours to Europe to spread the message of the Fivefold Path, Agnihotra spread by word of mouth from friend to friend. In Germany, in mid seventies, Vasant gave intensive courses in mind training based on Fivefold Path principles. These courses lasted several weeks for each batch of people who had shown desire to learn from this ancient wisdom. These courses were repeated in several countries of Europe and South America and Agnihotra spread to all languages through teachers trained for this purpose. Everything was voluntary and no fee was charged any time to share this knowledge. Then came HOMA Psychotherapy and HOMA farming after the HOMA farming bulletins were published in U.S.A. Agnihotra Ash medicines was yet another vehicle to spread this ancient antidote to pollution in Eastern Europe and other continents.

Today, we notice how the message has become truely international. Many people have experienced this several times.

One day, a lady from Switzerland called us in Germany and asked whether we knew Agnihotra and whether we could show it to her. We talked on the phone for a while and she told us the following.

A friend of her from Poland wrote a letter to her stating that in the difficult situation that she was, she should practice Agnihotra regularly. The lady, however, did not know how Agnihotra was performed. The same day, a little later, her sister living in South Africa called her just to say hello. The lady told her about the letter from Poland and asked her sister whether she knew what Agnihotra was. Her sister replied on phone that she had heard about it and gave her the address of Agnihotra Press U.S.A. for getting further information. The same day the lady from Switzerland called Agnihotra Press in U.S.A. and she was given our address in South Germany, close to Switzerland. So she contacted us. She visited our house and learned Agnihotra Pyramid fire which is an antidote to effects of pollution. She was very happy and she felt much relieved.

Agnihotra has truely become international. We received a letter from a lady in Brazil asking us whether we could explain Agnihotra to her husband and children. She explained that the family would soon go to Germany for holidays and would like to meet us and they did come.

Yet another example. Once we received a telephone call from Munich. A lady informed us that she had received a letter from Chile giving our address to find out where one could learn Agnihotra in Chile.

A teacher who had spent many years in South America wanted to learn Agnihotra from us. He said he had been waiting to learn this and he was very happy. We could teach him. The first thing he wanted to do was to teach Agnihotra to his sister who was planning to build a general health centre in Bolivia.

This beautiful understanding of love and peace through Agnihotra does not work only in one way. People come here at our house to learn Agnihotra and Homa fire healing. Similarly, when we travel to other countries and meet people practicing HOMA healing. we always feel at home as we find the same love around HOMA healing fires. It can truly be said that by Grace the message of HOMA healing spreads around the globe for the benefit of those who have open heart.

(US Satsang vol. 14, No. 15 Dec. 18, 1986)

WHOLISTIC HEALTH

Dr. M. M. Bhamgara

The word Holistic or Wholistic is a comparatively new word. Even in USA, where it was coined a decade back, it is not widely known. Wholistic means all embracing, from whole meaning entire. And holy also means whole etymologically. Curiously, 'To Heal' also means to make whole. Health is a state of wholeness or integrity and not fragmentation.

There is an American Holistic Medical Association, which has defined Holistic Health as a state of wellbeing in which an individual's body, mind, emotions and spirit are in tune with the natural, cosmic and social environment. It is a state of wellness that leads to real joy in living, rather than just being able to cope or just able to function.

The American Holistic Medical Association further describes Holistic Medicine in the following words:

"A system of health care which emphasises personal responsibility and fosters a co-operative relationship among all those involved, leading towards optimal attunement of body, mind, emotions and spirit. Holistic Medicine encompasses all safe modalities of diagnosis and treatments, including drugs and surgery, emphasing the necessity of looking at the whole person. It includes analysis of physical, nutritional, environmental, emotional, spiritual and life-style values. Holistic Medicine particularly focuses upon patient education and patient responsibility for personal efforts to achieve balance. All Holistic Medicine practitioners let their patients know that health maintenance and healing are done with them and not to them or for them."

Health is not merely absence of disease. It is actually a state of vibrant well-being. It is a state in which all our organs and all our systems-we have respiratory, circulatory, nervous, digestive and other systems-are working efficiently. It also means that we are physically fit. This physical fitness depends upon regular exercise, proper rest and adequate nourishment. Let us look briefly into the exercise part of fitness.

PHYSICAL FITNESS

A physically fit person has:

1. BALANCE

This means balanced development of the body. Balance in standing, sitting, walking or other movements and erect posture are also important.

Exercises should involve the right as well as the left half of the body. Tennis, Badminton, Cricket and many other games work out one side of the body-usually right, and more than the other. Bilateral exercises such as Calisthenics, Gymnastics, Swimming and Yoga are meant for balanced development of the body.

2. FLEXIBILITY

This means that all joints of the body are able to move through their full range. As babies we are flexible enough to put out toes in our mouths which as adults, we can not. Most of us can not stand straight legged and bend forward to touch the toes. This is loss of flexibility:

3. STRENGTH

It is the ability of a muscle to contract against a heavy resistance. A weight lifter is a man of strength.

4. ENDURANCE

It is of two types:

Muscular, in which a muscle is able to contract and stretch repeatedly for a long time.

Cardio-Respiratory, in which the heart and the lungs are called into action for a prolonged time, as in long distance running, swimming, cycling etc. or long drawn matches of tennis, football, etc.

5. POWER

This calls for sudden burst of energy, as in high jump, long jump, shot put, etc.

6. AGILITY

It is the ability to duck and dodge, which we see in a boxer. To a lesser degree it is seen in wrestling, soccer and other body contact sports, as well as some non-contact sports.

On our roads we have to be agile to move out of the way of a reckless driver or a cyclist.

The aforesaid six criteria of physical fitness are related to outward fitness. But if we do regular exercise to build endurance, strength, balance, etc., we automatically improve the function of all the viscera. Liver, stomach, intestines, pancreas, spleen, kidneys, all the endocrine glands, all other glands, all blood vessels and nerve pathways benefit by such an allround program of exercises. Heart and lungs benefit by exercising the legs.

NOURISHMENT

Right type of nourishment is another important requisite for allround health. The food has to be as natural as possible. By Natural is meant suited to man's physical and mental make-up. Anatomically and physiologically, we are constituted to ingest food only from the plant kingdom. Though most of us are meat eaters, we humans were meant to live on the produce of vegetable kingdom e.g. fruits, flowers, leaves, stems, grains etc. and we need to take these provisions unprocessed, unrefined, uncooked, as far as possible. At the root of our ill-health, whether we have migraine or varicose veins, asthma or arthritis, diabetes, digestive ailment or a heart disease, one major cause in most cases is eating junk food. Not only we tend to overeat, we overeat of the wrong type of food. We take refined starch and refined sugar every day perhaps in every meal which plays havoc with our health. Our polished rice and bread have no fibre or roughage in them which makes them constipating. Besides, these items lack essential vitamins such as the 'B' factors and minerals such as iron and calcium. We also cook food to death. Instead of light steaming, boiling or baking we resort to deep frying. The result is indigestion, hyperacidity and constipation. Human nutrition is a neglected subject even in medical colleges. Most doctors when asked by their patients regarding dietary instructions give a curt 'Eat what you like' type of answer because medicos themselves generally do not see any connection between patients' ailments and their eating habits. Nobody tells anyone that food is to be eaten in moderation, only at the dictates of true hunger and chewed thoroughly. At least one third of total daily food intake should be vegetable salads, raw, without salt and pepper and fruits, fresh and not dry or canned.

MENTAL HEALTH

Mental health has been described by the American Medical Association as the sum total of the following qualities and capabilities:

1.Emotional Stability.
2. Maturity of Character.
3. Ability to recover from the paralysing stresses of life in quick time.
4. Ability to judge reality accurately.
5. Ability to foresee and farsee.
6. Ability to love and sustain affectionate relationship with people around.
7. Ability to work cheerfully and productively.
8. Ability to gratify hunger, thirst and sex urges in such a way as not to hurt others or oneself.
9. Having an effective conscience.

Patanjali and other sages have emphasised the role of mind in maintaining health. The life stresses *(Klesa)* which cause ill health are ignorance *(Avidya)*, egotism *(Asmita)*, desires *(Raga)*, aversions *(Dvesha)*, and fixations *(Abhinivesa)* according to YOGA APHORISMS of Patanjali.

THE HEART FACTOR

Mental health includes the ability to love as stated above. Love is the blanket term to cover Compassion, Reverence for Life, Sympathy and Empathy which are the qualities of heart.In an article titled 'Head for the Heart', I have said.

'Head is extrovert though centred in I. Heart is introvert and yet reaches out in 'We'. Head uses senses; Heart has extra-sensory perception. It sees not.

Love is blind. We need to move from the heart rather than the head. Our headquarters need to be our Heart quarters. Compared to the head, the heart is nearer our Centre of Being. In fact, head is far removed from the Centre."

We need to be less cerebral and more cordial. Especially, we need to use more the right hemisphere of brain which is the seat of intuitiveness, creativity and Love. Perhaps our emotional heart is in our right brain.

We all need to experience the 'Shakti-paat' *(Descent of power)* from the head to the heart to Shunya *(nothingness)*. All spiritual paths have to merge on the highway of Love before the Self can be known. There is no bypasing the heart in spiritual enlightenment.

MAN THE UNKNOWN

Our Central Nervous system consists of a somatic limb, which deals with awareness of sensation and voluntary control of muscles. But there is an Autonomic limb also which is in involuntary control of internal organs. This Autonomic Nervous System is divided into two types of nerves:

1. Sympathetic nervous system prepares the body for fight or flight. Its activity can limit the blood sypply to digestive system and augment it to the skeletal muscles especially of arms and legs.

2. Parasympathetic system works to conserve bodily resources and relax the physique. These systems are not under our voluntary control, so we can not do anything normally to imporve their functioning. But, sure enough, we can cultivate our 'sang froid' by methods such as Shavasana *(Dead Pose)* of YOGA and Meditation.

Nobel prize winner Dr. Alexis Carrel in his monumental work 'Man-The Unknown' brings out the essence of wholistic approach to health in these studied medical observations:

"Functions of the body are less precisely located than organs. The skeleton, for example, is not merely the framework of the body. It also constitutes a part of the circulatory, respiratory and nutritive systems since, with the aid of the bone-marrow, it manufactures leucocytes and red cells. The liver secretes bile, destroys poisons and microbes, stores glycogen and regulates metabolism in the entire organism. In a like manner the pancreas, the supra- renals and the spleen do not confine themselves to one function. Each is involved in multiple activities, in fact, in almost all events of the body. In illness the body preserves the same unity as in health. It is sick as a whole. No disturbance remains strictly confined to a single organ. Doctors have been led to consider each disease as a speciality by the old anatomical conception of the human being. Only those physicians who know man both in his parts and in his entirety, physically and mentally, are capable of understanding him when he is sick."

Dr. Carrel sums up this fact of the body-mind complex acting as a whole, in these beautiful words:

"Man thinks, invents, loves, suffers, admires and prays with his brain, and all his organs."

Naturopathy has a principle called Unity of Disease, which is based on observations of thousands of patients by thousands of doctors such as Dr. Carrel. All such wholistic Practitioners emphasise the study of total human being, not merely human body and/or human mind. I, FOR ONE, HAVE ALWAYS BELIEVED THAT IT IS MUCH MORE IMPORTANT TO KNOW WHAT SORT OF PATIENT HAS A DISEASE, RATHER THAN WHAT SORT OF DISEASE A PATIENT HAS.

A man may be a phsical giant, but a mental dwarf or vice versa. In either case, he is not totally healthy. A chain is as strong as its weakest link.

Human health is influenced by many factors, some of which are beyond our control. For example, the genes we are born with will remain as they are and make us prone to certain ailments.

However, even where certain weaknesses are inherent, by good living habits, we can often remain disease free for a longer span of life and even where we do not escape the ailment we may suffer little and be able to contain the disease to certain confines, not letting it flare up.

ECOLOGICAL HEALTH

Health of this planet also influences our health, naturally. Biospheric pollution has reached even the Himalayas, and the Antarctic region. Our soil, water, air, all are polluted. We eat polluted food, drink polluted water, and breathe polluted air. Living in good health has become very difficult even if we follow all the rules of health and hygene. And yet, our right mode of living, i.e. eating, thinking, exercising, does mitigate a lot of evil influnece of these pollutants on the spread of which we have no control individually. Ecologists say that all life is interdependent. All flora and all fauna on this planet owe their existence to the rest of them. None can live in isolation. The concept of Holistic Health has evolved as a natural corollary of this widespread understanding of Ecological sciences.

THE SPIRITUAL DIMENSION OF HEALTH

Recently, Dr. D. B. Bisht has come up with a book titled 'The Spiritual Dimension of Health' (Publisher: The Director General of Health Services, Govt. of India, New Delhi-1.) Dr. Bisht avers: "It is the 'soul' that sustains all the other parts of the being. Otherwise, the body and the mind and the emotions, being often at conflict with one another, would easily fall apart." A workshop organised last year in Bangalore, India, under the auspices of the World Health Organisation to discuss this neglected dimension of health, came forward with several suggestions, such as:

1. The existing definition of health accepted by the WHO, should include the spiritual aspect.
2. There is a need to recognise the spiritual aspect of health, and the fact that the spiritual component pervades all the dimensions of health, physical, mental and social.
3. Meditation, the means of experiencing the spiritual energy, should be incorporated in the educational system.
4. The present crisis in the life of man is due to the neglect of the most important dimension of life i.e. spiritual. To begin with, methods of Meditation, Asana (YOGA physical postures) deep breathing, etc., should be introduced in the process of education.
5. Health care should be in the hands of those who are fully aware of and sympathetic to, the spiritual dimension. Spiritual here means a total harmony

with living and non-living, perceptible or non-perceptible environment. The World Health Organisation should involve itself in active denunciation of all human manoeuvres to destroy the eco-system we live in.

6. The Health Ministry should be bold enough to start a centre for teaching Wholistic Health under a charter of Parliament, outside the existing structure of medical education, and outside the boundaries of Indian Medical Council. Health is not a purely medical issue.

MAN : AN ICEBERG

We humans are like icebergs, not in the sense of being cold although that too is true of many of us but in the sense that we live an invisible life of thoughts, dreams,. aspirations, feelings, etc., behind the facade or veneer of the visible, physical self. A floating iceberg (berg=mountain) has only one-eighth of its mass above the surface of water, the remaining seven eighths being under the waters, invisible outwardly. Same is the case with us. At the most only 20% of us is the visible, physical body the remaining 80% being non-physical and therefore hidden from people around us.

(Dr. M. M. Bhamgara is a consulting naturopath 86, Marine Drive, Bombay 2)

(US Satsang, vol. XIV, NO. 14, Dec. 4, 1986)

TRAVEL TO ITALY, FRANCE & SPAIN

KAREN

On the 13th July 1985, Vasant, Edgar and I left Graz to go via Germany to Italy, France and Spain. Our intention was to meet various groups of people so that they start Homa Therapy Centres on their own. After a few days' travel we arrived in Gubbio, Italy, famous for its old Etruscan culture. Vasant explained to a group the importance of healing connected with Homa Therapy. He told that time gets worse due to pollution and the only way to set things right would be the old Vedic knowledge about fire. Vasant also told the group that the connecting link between Ayurveda and Homa was Yoga.

Next we visitied a village near Milan called Vigilano Bielese. There sun was invited to teach how to give children Yoga course based on the Fivefold Path. We made a short trip to San Marino, where Vasant made a special fire. Especially, Aida felt a great benefit and a relief of the burden on her mind. In these two days her complete appearence changed. So then Vasant, Edgar and I carried on with our travelling, while sun was staying at the very place to give her Fivefold Path classes

Our next stopover was a deserted mountain village in the French Alps., called Dormillouse. Since the sixth century A.D. this was a place of refuge for different people who were persecuted because of their religious or political opinions. Now the whole place is a protected national preserved area. The village is situated at a height of about 1800 m. above sea level. The only possibility to reach it was by foot or on horse-back. Because of the bad farming conditions and hard life, this village became finally deserted. Since about 20 years ago a group of mostly young people started to rebuild the houses and cultivating the land.

There we met Charlie Franklin who is living there since 12 years. He already knew about Agnihotra from a former visit of our friends. After his first contact with Agnihotra, he had a very intense dream about an earthquake. He saw the whole mountain coming down, directly on to the village. There was a great panic. He called all the people to take refuge in his house for he knew that this was the only safe place. Vasant told us that in this area many earthquakes will come. However like in Chile if you do Agnihotra-you will be safe. We left some literature and then left for Barcelona.

Barcelona is a big city in southern Spain. Near this town we visited a little village called Arenys de Munt where a big spiritual community is living. It is known as *Arco' Iris,* which means rainbow. There are five large communities all over Spain belonging to *Arco' Iris.* Edgar and I spoke with some members about the necessity to perform Agnihotra and its healing effects on people, animals and plants. They were interested and Vasant gave a lecture in the evening. Gabriela, a German girl who lives in Spain, acted as an interpreter. She said that this message had come to her at the right moment and many members felt the same. After Agnihotra they asked many questions. It was a very powerful atmosphere and we could feel how interested these young people were. They took six copper pyramids and we left for Tarragona.

Here in a small village called Montral lives a group of young of people in an area of 375 hectres, but most of the area is very dry. They are cultivating this land for years and now they have enough for self sufficiency, vegetables, cows, etc. They have built a living house that looks like a castle from a fairytale. They had all things except Agnihotra and we had nothing but Agnihotra! Here, in this wonderful area also lives the founder of *Arco' Iris* Master Emilio. He is a very devoted man. When we came he told us that he was told in a dream that somebody would come and tell him about healing and agriculture connected with copper pyramid and fire. We gave him the book *"Light Towards Divine Path"* in the Spanish language and he read it immediately. He agreed to all what Vasant was telling him.

We had a nice experience with Urukshaya, a member of the community. He told us that he was in India a few years ago and there he met two guys Klaus and Gunther from Austria. They invited him to come to a *"Pyramid Community"* near Solapur. Now he was asking us if he knew about this community. Vasant asked him for the address and Urukshaya gave him the address "Fivefold Path Mission, Shivapuri", founded by Vasant. So you can see, if you don't go to Agnihotra, Agnihotra comes to you!

Some members of the community decided to start Agnihotra immediately. They wanted to know all things about Yajnya and about building a Yajnya hut. Our work here was done and so we travelled back to Arenys de Munt where we had a warm welcome. The next day at 10 O'clock Vasant made a special fire for all the children. The children enjoyed the ceremony much and also their parents were happy. Afterwards people were singing and they started an improvisation of *'Agnihotra is the Way'* song in Spanish Language. They wanted us to stay but we had to travel further back to France.

In the evening we did Agnihotra near a river named Eygues. The river seemed quite dry. Everywhere one could see the water getting less and less. Vasant did special Mantras there. After Agnihotra, Edgar immersed the ash into the river.

Following day we visited a community in Equourres named *"Des Damias"*. It is connected with Findhorn community. They listened carefully to things we told them about Homa Farming. We left some literature and travelled back to Italy.

Excerpts From Vasant's Kriya Yoga Classes

"...To start with, we must make certain decisions which we will implement in our lives. By doing this the will is strengthened and the path is made easier. To prevent our search from degenerating into mere intellectualization we start with certain concrete decisions and actions. They are:

1. I will not find fault with others.

If you get into the habit of finding fault with others you also get in the habit of making someone a scapegoat for your own shortcomings.

There is a possibility that the person with whom you find fault is not at fault.

If you go on brooding over his faults or your own lapses, then you create channels in your own mind which bear the imprint of that dirty thing. It is like bringing someone else's trash can into your living room and spreading it all over the floor. It is the same when you find fault with someone and brood over it. Say to yourself "Do I not have these faults myself? Maybe I have them in greater measure. At least I have them in some measure."

If you think that by finding fault with him you will improve him, most likely you are wrong. The dictum is, "Train youself. Then you can think of improving the world." When a mother, with all love, chides her child or a teacher chides his pupil, it is not fault finding. It is a method of teaching.

Always remember, "I have enough trash of my own. I do not want to bring the other person's trash and spread it in my living room."

2. I will give one-pointed attention all the time.

If I am going to the bathroom or buying vegetables in the market, is it necessary to give the same one-pointed attention as

I do at work or when I am in class? Will it put me to more strain and effort?

"Efficiency in action is Yoga." All of you are performing AGNIHOTRA regularly and for a short while or a long while you concentrate every day. What do you do when you concentrate? You train your mind to go into the habit of one-pointedness. Now, any time during the rest of the day when your mind is not one-pointed, it is going in exactly the wrong direction. Therefore, you undo the effect of concentration. Whether the work is small or big, with every event a unit of time is consumed. That means a chunk of your life is bitten off. Do you want this to be spent efficiently or wasted? With one-pointed attention you are most likely to bring efficiency. Therefore, you should be one-pointed. You might feel in the beginning there is strain, but in a short while you will find the strain is gone and you are naturally one-pointed in all of your activities.

3. I will always act up to my power of discrimination (power of discrimination = power to discriminate between right and wrong).

This power of discrimination is granted to each and every one of us on the day we are born. It is not dependent on culture or education. Culture and education can only make it finer and more refined, but that power of discrimination is always there. It is this power which differentiates man from all other animal species. Animals go by instinct; man goes beyond instinct by intelligence. Therefore, the supreme aim of human endeavor is Self Knowledge, to find out "Who am I?" A famous philosopher said, "Man, know thy-self." This is Swadhyaya, Self study, the fifth aspect of the Fivefold Path. Animals can never come up to man in that standard. Some animals are able to count, to do simple arithmetic, but this is the limit to which an animal can go. Animals have no power of discrimination to discern right from wrong. This power of discrimination allows man to go beyond intelligence and shows the direction of his evolution. If man accentuates his efforts in this direction it will land him into bliss. We have the power to escalate evolution and to do so we must try to train the mind and Grace manifests. Very simply, to follow my power of discrimination means that whatever judgement is pronounced by my power of discrimination will be carried out in my actions. If my power of discrimination says that it is wrong to do a certain action, I will do it regardless of my desire to do it. I may feel that I am put to a loss, but ultimately, by not acting up to this power of discrimination, I will suffer the consequences of my wrong action one way or another. So, in fact, I am saving my own time and trouble by always doing what I know is right. If my power of discrimination tells me not to indulge in lust and greed, then I will follow this judgement. This is the basis, the key, for any spiritual discipline. Only when I lay stress on this do I start treading the spiritual path. This is so because intellect and action act and react. This means that if I commit a wrong action my power of discrimination is weakened, my judgement is likely to be wrong and that will again in lead to wrong action. The power of discrimination is an aspect of intellect, and that is how intellect and action act and react.

If you stick to the decision given by your power of discrimination, you always perform right action. And, by performing right action, your power of discrimination is strengthened. The process is reversed, and from a vicious circle you move into a virtuous circle. You set into motion a circle conducive to right action. What is this vicious circle? It starts with the attitudes of the mind. For example, I have a desire. Desire is the substratum which is always feeding the attitudes of the mind. At that moment, the power of discrimination tells me that it is wrong to do a certain act and I should check it then and there. If I do not check it, then that attitude becomes a propensity, that is, it gains force. When an attitude becomes a propensity it is more difficult to check. So, an attitude becomes a propensity if unchecked. At least at this moment I should use my power of discrimination and halt. If I do not do that it starts troubling my intellect. That is, a signal goes to my intellect which tells the intellect to find means for gratification of my desire. That is how the intellect is dictated to by that propensity. And, intellect will always find ways and means to get things done—if not by the right way, by devious methods. Somehow the gratification of the desire will be obtained, thus weakening the power of discrimination. Then, the judgement becomes faulty. But, if I check my actions at that time, then my action becomes virtuous and again my power of discrimination is strengthened. This is the difference between the vicious circle and the virtuous circle. Thus, we see how this is the basis of all endeavor since we are constantly forced to perform either physical or mental action. By using the power of discrimination proper judgement is pronounced and I do not involve myself in any further bad Karma. The further process of putting an iron chain on my feet is stopped. The evil effect of bad Karma, which one day I will have to reap, is stopped because I am doing the right thing.

But again this is not enough. Even if you go on doing only good actions, that *alone* is not enough to help you. This is a ticklish point. Even though you are doing good actions, you will have to reap the good results of your meritorious actions. In the last case it was an iron chain; in this case it is a golden chain. But it is still a chain. These good deeds may land in paradise, but they will not bring you the Kingdom of Heaven that is within you. That is the difference. And when the good Karmic account is exhausted, again you have to start the journey in human birth. So why not do it now? Therefore, you have to do the action without clinging to the fruit thereof. Since you are unable to judge the value of your actions and therefore cannot see the resultant Karma it is best to think only of the action itself and not the fruit of your action. Thus, if you do not cling to the results of your Karma, there is nothing binding on you. This is how we transcend the law of Karma. Thus, it is said, "Do everything for the Lord. Do everything for the Master." As Jesus said, "Not my will, but THY Will be done."

Madison Autumn

Blue hills aflame
with eternal fire,
Leaving us free from
worldly desire.

Shooting lotus-flowered stars,
showering blessings of Grace on all.
Multi-colored mountains shouting
the call from Paramadham
Love to all
Love to all.

Robert Parker

Thought for the Day

By Yvonne (Philadelphia)

We must not allow ourselves to be so negative that we do not receive any good vibrations. We must release ourselves from all evil desires, thoughts, words and deeds, so that total love unfolds in us. We must submit to the will of the Almighty, the only Reality. The practice of the Fivefold Path which is total Kriya Yoga leads us to this experience.

From SATSANG Correspondence

"Human love is a stepping stone, an experience through which human beings pass to achive God realisation, the realisation of the 'Kingdom' within the bodily tabernacle. Human relationships are not to be uprooted but merely transformed into Divine Love. The object of human love is to be transformed into Divine object. This is Self purification. We learn through suffering and bitter experience that the nature of our human love is transitory. The yearning for something higher begins. When it comes it needs to be consolidated and 'Operation Fulfilment' begins. Through human love we learn to become unselfish.

In the Upanishads the sage tells his wife:

"The husband is dear, not for the sake of the husband, but for the sake of the Self. The wife is dear not for the sake of the wife but for the sake of the Self... Nothing is adored for the sake of itself but for the sake of the Self."

Recipe Card

Nut Loaf

2 c. carrot grated very fine, ½ small onion finely chopped, ¼ c. parsley finely chopped, ½ c. ground almonds, ½ c. ground cashews, 2 T. coconut oil, 2 T. vegetable seasoning

Mix all together. Shape into loaf. Serve over bed of greens. Serves 2–4.

Cucumber Soup

2 c. cucumber grated, 2 c. seed milk, 2 T. green onions slivered, 1 T. kelp, 8–12 cucumber slices, 4 T. fresh chives

Combine grated cucumber, seed milk. Make individual servings decorated with cucumber slices, onions and chives. Sprinkle kelp on top. Serves 2.

Guacamole

1 ripe avocado, 2 diced tomatoes, 1 lemon (juiced), 1 red pepper diced, onion or garlic to taste, 1–2 T. vegetable seasoning

With a fork mash the avocado. Blend with other ingredients. Stuff hollowed out tomatoes. Garnish.

Raw Carrot Salad

2 unpeeled raw carrots shredded, ½ c. onion chopped, 2 T. olive oil, 1 ripe

avocado peeled and mashed, 1 teaspoon cider vinegar, 1 bunch parsley chopped

Combine the carrot, onion and parsley. Add the olive oil, avocado and vinegar, mixing until the ingredients are well combined. Serve on lettuce leaves.

Corn Chowder

2 med. tomatoes chopped, ½ c. water, 1 lg. fresh ear of corn, ½ c. sunflower seed sprouts, ½ c. alfalfa sprouts.

Blend tomatoes and water. Add the corn cut from the cob. Pour over individual bowls of alfalfa sprouts. Top with sunflower sprouts. Serves 2.

Nut Porridge

½ c. nuts, 4–5 dates pitted, ½ c. water.

Soak the nuts and dates overnight. Blend in the morning.

Goulash

2–3 ears of fresh corn in season, 1 c. diced tomatoes, 1 c. shredded squash, ¼ c. chopped green onion, ¼ c. chopped bell pepper, pinch of thyme, pinch of marjoram

Sauce: 1 tomato, 4 T. sunflower seed meal, ⅛ t. cayenne pepper, juice of ½ lemon

Scrape the corn off the cob. Use the back of the knife to press all the juice out of the cob. Mix all the ingredients together and serve in a lettuce leaf lined bowl. Pour sauce over the goulash before serving. Serves 4.

Sunrise Sauce

½ c. sunflower seeds, ½ c. dates pitted, ½ c. water.

Blend wheat and water until thick. Add dates and continue to blend until creamy. Serves 1.

Vegetable Casserole

½ c. sprouts ground, 1 c. water, 1 t. kelp, ¼ t. oregano, 2 stalks of celery chopped fine, 1 c. cream cheese, 4 lg. carrots ground, 1 med. red onion ground, 1 med. green pepper chopped fine

Blend seasonings, water and cheese. Mix all together and place in a casserole dish.

Bharatiya Satsang

गुरुकुल कांगड़ी विश्वविद्यालय हरिद्वार
376107

FEBRUARY–MARCH 1987 NEW ERA 44 VOL VII No. 9 & 10

THE KINGDOM OF HEAVEN IS NEAR AT HAND

Bharatiya
Satsang

FEBRUARY-MARCH 1987 NEW ERA 44 VOL. VII. No. 9 & 10

Forest Death Only Cure is Homa Farming

Vasant

The phenomenon called 'waldsterben' in Germany (literally "forest death") signals perhaps the beginning of the end not only for the trees in the Black Forest of Germany, the Erzgebirge and Riesengebirge in Czechoslovokia, many forests in Austria and now the beginning stages are noticed in USA: this portends trouble for all life as we know it. So this is truly a world problem. No area regardless of how industrialized or undeveloped it may be is immune from the ravages of pollution.

Most of the methods devised in countries of Europe to combat this menace fall in the following categories:

1. To reduce poisonous emissions from factories, automobiles, etc.

2. To reduce by prior treatment the toxicity of discharges from factories in rivers and seas.

3. Use of chemical NPK when new trees are planted.

4. Use of insecticides, pesticides, herbicides when disease is noticed.

5. Biological pest control and pheromones.

6. Soil remineralization to make up for lost elements.

7. Reduction of fossil fuels and taking to solar or biogas energy.

8. Genetic engineering, tissue culture and other new trends in molecular biology.

9. Evolution of bacterial species which break pollutants from water.

It appears nothing has succeeded in keeping the forests alive and healthy when disease has set in. In fact to scientists it appears that we might have reached a stage of IRREVERSIBILITY. This means total destruction of life.

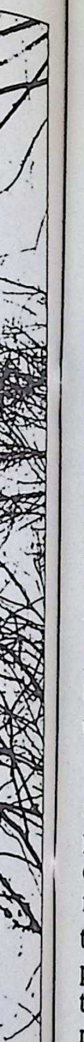
Against this background we mention below some of the trends in recent scientific thinking.

1. Research done in USA and USSR in 70's to show that plants 'feel' rain in advance and also respond to music.
2. Research done in USA to improve communication between man and plants.
3. Research done by Prof. Karamonow at the Biocybernetics laboratory, Astrophysics Institute of Leningrad.

The type of research mentioned above does not yet find favor from several academic scientists but considering the mass of evidence of similar research in other countries it should not be neglected. This means we have yet to learn much about the subtle energy manipulations around and within the plant kingdom.

With this background we might note the statements made in milleniums old science of plants given in the VEDAS. It is the science of HOMA THERAPY FARMING. The basic mode is 'HEAL THE ATMOSPHERE AND THE ATMOSPHERE HEALS YOU!'

Why HOMA Farming?



Homa farming is a totally revealed science. It is as old as creation. In the course of time this knowledge was lost but it is now being resuscitated to give people guidance about how to correct the polluted conditions of the planet we find ourselves in today. HOMA farming comes from the VEDAS, the ancientmost body of knowledge known to man.

When things go wrong due to pollution and elements of nature begin to change, the cohesion of atoms, fusion of atoms begins in a different way as it is described in ATHARVA VEDA. It is stated that if atoms begin refusion and fission in an improper way a civilization could be destroyed. If YAJNYA (HOMA) is performed when this takes place it helps mould things harmoniously and a new beneficial element is produced. Notice we do not say created. THIS KNOWLEDGE CAN BE USED BENEFICIALLY TO GROW CROPS WITHOUT CHEMICALS AND PESTICIDES. THIS IS HOMA THERAPY FARMING. The process of AGNIHOTRA PYRAMID FIRE is the basic HOMA. AGNIHOTRA is a must to sustain life now.

Whether we like it or not we have already handed ourselves on a silver platter of technology into the jaws of death. Science and technology are different things. Science is the search for truth. What technology has done and persists in doing is nothing short of raping the land and the air we breathe of all its nutrients by destroying plant life with pesticides, insecticides and polluting human beings with chemical fertilizers and food additives. All this is taking its toll now. Man cannot survive this era without a massive attempt to counteract the destruction.

In a few years there will be no reliable natural resources that are uncontaminated. All of our water supplies will be polluted. In some areas there will be severe droughts and in other areas terrific floods. We should understand that these times have already begun. We must rely upon scientific means to undo the effects of polluted conditions in the atmosphere, soil, water and all life. The scientists and the governments know this. However, man's awareness is blanketed by myths of prosperity and by his ignorance towards his environment. The age of complacency is coming to a violent end and hence the need for HOMA Farming.

All living things in nature, plants, trees, forests, the crops we plant, animals and human beings are exposed to such terrific pollutants that it becomes difficult to escape the deleterious effect. Micro-organisms are rapidly dying in the soil. There will be just no food to eat unless there is YAJNYA (HOMA) atmosphere. Agnihotra is the only way to save the world now.

When seepage begins from nuclear reactors and nuclear waste disposal systems, people will feel like they are living on a keg of dynamite in those places. People will become angry with the scientists for what they have done, for their lack of thoroughness when they began experimenting with radioactive materials, in looking to the ramifications of misusing such power or creating such a powerful menace. They will be hard pressed for solutions. They will work diligently, relentlessly for answers. WE HAVE THE ANSWER. THE ANSWER IS AGNIHOTRA HOMA AND THE REVEALED KNOWLEDGE THE POWERS THAT BE HAVE CHOSEN TO GIVE THROUGH US.

Now we will give the science of Agnihotra Pyramid Homa a chance to show what can be done naturally to effect a change in the very polluted atmosphere which we seek to avoid. We try to move to less polluted areas thinking we are safe but this is only biding time. We attempt to eat a pure diet but what is pure nowadays? It is difficult to escape. The whole planet is polluted. Eating a pure diet is excellent for the health but that alone is not the deciding factor. WE MUST COUNTER ATTACK POLLUTION WITH ANTI-POLLUTIONARY MEASURES. AGNIHOTRA MEASURE IS SUCH A SAVING GRACE. IT IS THAT MEASURE. DO IT AND SEE WHAT RESULTS.

Governments face a problem. With chemical fertilizers and pesticides it becomes necessary to increase the dosage and strength or alter formulas as years go by. Then a stage comes if you don't use them nothing grows. If you do use them, they ruin the soil, subsoil and water. The harmful chemicals are ingested into the body when we eat food grown in these conditions. Then a few years later nothing grows at all and land that was once fertile and produced abundant crops has to be abandoned. This is one of the reasons why many communities started thinking in terms of organic farming and biological pest control. This worked for a while but as the pollution content of the atmosphere increased and compounded, organic farmers came into tremendous difficulty. With increasing doses of acid rain the top few inches of soil on earth are likely to be totally destroyed so that nothing will grow. The answer to our ills lies just six inches beneath the surface of the earth.

HOMA Therapy is given at a time when all hope is gone. It is given for all people. Anyone can do it, incorporate it in his or her daily life. HOMA has such a profound effect on plant life. It has a beneficial effect on animals including humankind but would be more easily detected in plants as they are a more simple organism.

Scientists carry the fate of the world. We can teach you how to grow crops, how to get maximum yield out of minimum agricultural area, how to keep soil fertile, how to keep water pure, how to keep atmosphere nutritious. All this forms part of HOMA Therapy.

How the seed is treated, when the seed is to be planted, how to nourish the crops, how to harvest, when? It is all contained in the Vedas, a treasure house of knowledge awaiting the scientists. All we have to do is to tap into this source.

Agnihotra, the Basic HOMA

Agnihotra is the basic HOMA. In this book we are using the words HOMA and YAJNYA synonymously. YAJNYA is a technical term describing a process of purification of the atmosphere through the agency of fire which is tuned to rhythms of nature, radiational effects of astrological combinations and MANTRAS (sound vibrations). YAJNYA injects nutrients into the atmosphere. YAJNYA leads to better absorption of sun's rays by water resources on the planet. YAJNYA helps reset the energy cycle of the planet in natural harmony, benefiting all creation. The basic process used in HOMA farming is Agnihotra. A copper pyramid of prescribed shape and size is used for this process.

In the ancient sciences of bioenergy, biogenetics, medicine, agriculture, weather engineering and psychotherapy given through the VEDAS to bring harmony into the ecosystem, the process of Agnihotra YAJNYA is the basic tool. In this ancient body of knowledge many things are described about pollution. The English word pollution comes from the Sanskrit word PRADUSHAN. Under the extremely polluted conditions of today, it will help us a great deal to have access to this knowledge which will save us from total destruction. It will be interesting to see how the ancient Masters describe the effects of pollution. What is written below comes directly from the teachings of these Masters:

Under polluted conditions, elements of the earth begin to change. AGNIHOTRA is a process whereby the molecular components of elements are restructured in a form similar to which they now exist. Without Agnihotra this restructuring cannot take place and hence it becomes impossible for all forms of life to exist on this planet. The first thing this affects is the atmosphere, the next thing affected is the plant and finally there is destruction. Only way out is to perform Agnihotra.

When elements begin to change, unknown catalytic elements begin moving into the intersphere setting off a chain reaction of disasters. These elements become beneficial in Agnihotra atmosphere.

Elements begin to change due to pollution. Somehow due to a magnetic like pull set up where YAJNYA is performed, the elements required to make certain life sustaining essentials are again attracted to the planet by manifestation of some other mode of transference. Some may even come from other planets.

Changes in soil composition due to pollution become drastic and the results become disastrous. Soil becomes unable to sustain plants and even life. Only way out is to inject nutrients and fragrance into the atmosphere by widespread practice of YAJNYA.

Due to pollution cancer producing elements are found in the soil, water and air. Agnihotra can reduce the effect of these elements on the atmosphere.

Soil in many places becomes unable to support plants. Then trees die for unknown reasons. Yet, when Agnihotra is performed plants dance and thrive. They are thankful for the nourishment YAJNYA gives.

The composition of nutrients in the soil deteriorates and this has a great impact on the food supply. Pollution is the disease. YAJNYA is the cure. The practice of YAJNYA replenishes the nutrients that are robbed from our environment by pollution. The chemical and molecular structure of bacteria change and they become more immune to conventional medical methods. If we practice YAJNYA things will improve.

When radioactive particles and poisonous gases are released from the earth's core, our only protection is YAJNYA.

Clouds get seeded with toxins due to pollution. Only way to negate this is by proper performance of YAJNYA.

When pollution increases, the level of ozone layer decreases; then oxygen fixing bacteria become deplete and nitrogen fixing bacteria become malfunctional unless the science of YAJNYA and Fivefold Path are practiced on a wide scale.

Due to pollution insects show a trend towards mutation. It is not just radioactivity that causes mutation on the reproductive process but instead all forms of pollution contribute, especially thought pollution. Insects begin to play a role in the destruction of man. It becomes terrible when the mutations begin to multiply. Insects attack crops and destroy them. Because nature is out of balance due to pollution, they have no predators. If you add this to drought, floods and other disasters, people will starve. AGNIHOTRA atmosphere is the only way out.

Due to pollution insects begin cross-mating and hybrids are created. The insects begin to change their life cycles and develop immunity to cold which means we see insects en masse in more than just warm weather. This greatly increases population growth among pests and thereby we will have tremendous problems with crops and diseases. PERFORMANCE OF AGNIHOTRA REVERSES THIS TREND. It puts the nutrients back into the soil. It fills the atmosphere with nutrients. In Agnihotra atmosphere the percentage of seed germination improves, the potency of medicinal plants is strengthened and the plants emit love, giving the feedback effect to the human mind. SCIENCE MUST RESEARCH YAJNYA AND ITS EFFECTS NOW!

Drone bees begin to change their sex within the hive. When this takes place they excrete a hormone which is extremely medicinal and can help cure many diseases. Bees of long time back produced this same substance which is described in the Vedas but insects became extinct due to pollution and non performance of YAJNYA. This mutation in the geneological structure of bees takes place only in YAJNYA atmosphere and thrives only in YAJNYA atmosphere.

Reptiles multiply at fantastic rates but change their dietary habits due to pollution. Those that used to subsist on insects as a balance of nature now change their diet to crops causing the multiplication of the insect population many times over which feeds on crops. There is also a depletion of crops due to reptiles. Then reptiles are seen in places where they were never seen before. Those that are venomous, the potency of their venom increases. It all sounds like fiction but actually it is absolute truth.

Reptiles begin to crossbreed because of a mix up or imbalance of insect kingdom. Then strange creatures emerge that feed on vegetables causing more imbalance in our ecological system. Only way to set things right is YAJNYA.

When snakes begin breeding with other reptiles due to imbalance of nature, monsters are created. YAJNYA atmosphere gives protection.

Can we imagine a spider and some sort of a bee mating? These sorts of things happen when nature is out of balance and cries out for help. ONLY HELP LIES IN THE PERFORMANCE OF YAJNYA.

Marine biology tells us that life in our oceans is disappearing. All this is due to waste poured into the rivers and oceans. Water resources on earth find it difficult to absorb energy from the sun. This results in depletion in marine life and imbalances in nature. All this takes its toll in terms of natural disasters like floods and earthquakes. AGNIHOTRA cleanses the water resources of the planet.

Due to pollution sun gets filtered through ozone layer in such a way that it dries up the oils in birds' feathers thus prohibiting or limiting their flight. Then birds have more difficulty in flying and start walking in certain areas. The oil in their wings starts drying due to pollution. Birds then carry diseases in all forms that exist in the atmosphere.

Birds at the poles die from radiation although no radioactive devices are detonated in that area. The poles act as magnets centralizing much radioactivity and throw afoul the normal rotation of the planet. Flocks of birds begin to fly in circles looking for a way out. They feel so much pressure from pollution. Actually all they have to find is an area where YAJNYA is performed and they feel relieved.

The molecular change in the fission and fusion of atoms causes properties of elements to change in atomic structure and weight. The rotation of electrons and neutrons vary speeds. If proper insight is given to scientists we can show them how this knowledge can be used benefically in some areas when looked at from a perspective of YAJNYA.

Increases in parasitic bacteria due to pollution robs the earth of its nutrients. Agnihotra atmosphere preserves the nutrients and replenishes them. Pathogenic bacteria and parasitic bacteria are neutralized. Agnihotra gives nourishment to all of creation, both visible and invisible, material and nonmaterial.

AGNIHOTRA is the basic YAJNYA. YAJNYA is a process in the Vedic science of bioenergy which removes the toxic conditions in the atmosphere and fills it with fragrance and nutrients. WE REQUEST THE

SCIENTIST TO EXAMINE THIS STATEMENT AND COORDINATE HIS EXPERTISE IN MAKING A SERIES OF EXPERIMENTS pertaining to plants, birds, animals and the effect of YAJNYA atmosphere.

The earth's atmosphere is fed by YAJNYA fire. When Agnihotra is done a tremendous amount of nutrients and fragrance is injected into the atmosphere. This is what will make our planet whole again.

Read the Vedas or just experience. Try to develop scientific means of experimentation or believe what you experience. Both answers should be the same. Some of us have no need to analyze scientific results, calculated studies or Vedic Law. Some others do. It does not matter. Whatever one feels is correct for himself he should do. Then, after all is completed believe what you have experienced. Do not believe what we tell you. Try it and be convinced on your own.

We are heading toward a time never before experienced in our history. Just as rapidly as disease has spread so will Agnihotra and HOMA Farming take over the planet. Just as quickly as the land, sea and air have deteriorated, so man will experience the phenomenal change in the atmosphere by YAJNYA (HOMA) fire.

HOMA Farming through Atmospheric Purification

Plant Functions

When Homa is done in the garden or under a tree the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can easily be shown to someone by a botanist who may choose to study the subject.

Homa atmosphere, especially that of this concise Agnihotra, acts as a catalyst on plant metabolism, causing the plant to reach for the nutrients it needs, necessitating strength and then yielding the nutrients, giving the plant health and allowing it to more efficiently blend with the ecological balance of things.

The root system of a plant is like *Nadi.* It draws its energy from a source and if it has developed properly, it distributes the energy and nutrients throughout the plant permitting harmonious and equivalent growth. When Yajnya is performed properly it helps carry the nutrients equally throughout the plant by its vascular system. It does the same things to humans on the subtle level.

Reproduction

Some fruits begin to increase their reproductive cycle if Agnihotra is performed in proximity to where they are grown. A plant's strength depends upon the nutrients of the soil and atmosphere that surrounds it. Science perhaps does not lay so much stress on atmosphere but it is one of the biggest factors due to the oxygen recycling system. Also if the atmosphere is filled with nutrients the plant becomes especially happy when this is done by Yajnya process. This helps increase the number of seeds, the number of fertile or potentially fertile seeds germinated. Also the period of germination is helped and the quality of pollen produced is improved. The whole reproductive cycle of the plant is benefitted by Yajnya atmosphere.

The whole ecological system is changing. The reproductive cycle of plants is changing. This affects the bees and therefore their ability to perform their role of pollination is inhibited thereby affecting adversely the ability of plants, especially certain vegetables to yield and propagate.

Plant Structure and Physiology

Subtle energies begin to have more obvious effect on plants now. It can be easily recorded if some scientists want to put their minds to it.

Plants grown in Yajnya atmosphere evolve networks of veins that are cylindrical and larger than normal permitting water and nutrients easier movement to all parts of the plant helping growth and reproduction cycles. Also, it helps in the production of chlorophyll and plant breathing thereby helping the oxygen recycling system of nature.

If slides are prepared they will show the difference in cellular structure in plants bred in Yajnya atmosphere as compared to those which are not.

A change in the nuclear structure in plants due to pollution makes it impossible for humans to extract nutrition to survive unless plants are grown in Agnihotra atmosphere with Agnihotra ash. Then the plant defies changes and maintains its place in the balance of nature.

The pathological structure, nutritive structure of plants are changing. By practice of Agnihotra much of the nutrients, taste and above all a new highly beneficial ingredient, are packed into a small area giving both satisfaction and health–satisfaction in the sense of quality and quantity. The taste, texture, color, size of kernel which is the seed become excellent.

The root system in plants changes due to Yajnya atmosphere. Roots stay small and less troublesome due to the extreme quality of nutrients the plant extracts from the soil.

A new phenomena is noted in Homa Therapy Farming with respect to soybean crops. It will be beneficial to farmers and gardeners to set aside part of their planting area for soybeans where possible. When using Homa Farming techniques a strange situation occurs with respect to the pathological structure of the legume. A chemical reaction occurs whereby antibodies are introduced into the body by ingestion of soybeans that will help combat severe diseases, some of which medical people are aware of and some of which are yet to occur. This will only occur where Homa Therapy is used and it is given by Grace.

Crop Yield

When growing plants in Agnihotra atmosphere do not necessarily expect the plants themselves to become large; instead observe the size, quality and appearance of the vegetable, fruit or flower. All the energy of the plant goes towards yield because by performance of Yajnya we make the plants happy.

Energy patterns of plants are arranged in such a way that when Yajnya is performed the injection of nutritional content into the atmosphere helps shape and mould these patterns harmoniously so that the result is fantastic yield and excellent quality. Agnihotra is the smallest form of Yajnya.

A strange phenomenon occurs when plants are bred in Agnihotra atmosphere. An aura type field of energy is generated from the plant and exists around the plant while Agnihotra is performed in its proximity. The field contains nutrients and vibrations of Love. The plant is continually able to draw on this resource that is given by performance of Agnihotra in the area. This gives the plant the ability to maintain maximum growth and yield levels. At the same time a feedback of Love is given to the area helping to negate the effects of thought pollution.

Fruit which grow on trees will yield fruit double the size and with twice the meat if Agnihotra and Yajnya are performed regularly in the orchards. Oranges would be a good fruit to begin with as it will quickly, almost immediately, give results.

Tangerine or orange trees will show good results with Homa experiments. It will be easy to see quickly with either of these species. Pear trees will bear sweeter fruit in Yajnya atmosphere.

Help for the Environment

The principles of life must be restated now on this earth. All life must be made aware that Yajnya is necessary to survive. We withdraw nutrients from the environment. They must somehow be replaced. Yajnya is the means.

Elements begin to change. Somehow due to a magnetic like pull set up where Yajnya is performed the elements required to make certain life sustaining essentials are again attracted to the planet by manifestation of some other mode of transference. Some may even come from other planets.

The earth has been robbed of its elements by pollution. How to replace these things which are vital to all life? Yajnya is the only way.

The earth is wasting away. Yajnya is the only way to save it.

When Agnihotra is performed there is a turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulance leads to a quick upheaval of the nutrient structure in the area.

More people should begin to perform Agnihotra under a tree. This makes the tree happy and the tree dances and sings. Also the birds are very much attracted to Agnihotra and this is healing to them.

Homa trees will soon begin to grow. They will be a species in themselves. They are now generating in intense Yajnya atmosphere. Places like Agnihotra Press farm are where they will be discovered.

Nature is in total turmoil; so much destruction is coming now. We must saturate the atmosphere with nutrients. Ghee is the vehicle. Mantras are the power. Yajnya must be done now on a large scale.

Soil

Soil in Yajnya atmosphere holds moisture better than any soil. It is due to the ghee and the feedback of the Yajnya on the atmosphere. When the nutritional rain comes, the nutrients and moisture are sustained as a unit in the soil. This makes for better quality vegetation. It seems fantastic but it is true.

In Homa Therapy Farming, the result of the Homa process is that something physical interacts with the soil making the nutrients already there more potent. When nutrients are absent, cultivating the growth of nutrients necessary for healthy plant life is achieved by the Homa process.

In Agnihotra atmosphere the metabolic process of plants is sped up. It is the ghee that is the catalytic factor and on a more subtle level the Mantras interacting with the combined effect of the burnt ghee and rice. This combination enters the soil after returning from the solar range. It enters the plants by, one might say, attaching itself to minerals and water absorbed by the root system of the plant. The ghee acts as a catalyst creating a chemical reaction with the plant aiding in enzyme and vitamin production and encouraging and increasing the cyclic rate. In other words the plants mature faster, taste better and are better just by mere performance of Agnihotra in the garden.

Aeration of soil, of course, is an important part of gardening or farming. If Homa ash is placed on top of soil before it is tilled or cultivated it does a lot to help nourish the plant and make the plant happy. It is important to make the plant happy as that is the way the plants can start to give us the feedback effect of Love. The more love you put into the farm or garden, the more Homa is performed, specifically revolving around Agnihotra, the greater the vibrations of Love will be in the area and the happier the people will be. Also the greater and tastier the yield will be.

Chemical fertilizers will prove less effective. There will be more government regulation to guard against health hazards. Only way out then is Yajnya. Homa Therapy Farming is the answer.

Agnihotra and Agnihotra ash, when put on the soil, helps stabilize the amount of nitrogen and potassium present.

Trace elements in the soil are changing drastically. Trace elements are important to plant growth and maturation. Only way out is Homa Therapy Farming. With Homa Farming it begins to become important that all phases of nature work in harmony.

Trees begin to lose their hold in the ground. The soil is having difficulty supporting life. Trees tend to fall over. We must renourish the ground through Yajnya and Yajnya Therapy.

The entire ecological system is benefited by Yajnya. For example, earthworms are able to generate more moisture in the soil due to performance of Yajnya. The Yajnya makes them happy and their hormone secretions increase thereby benefiting the soil and therefore the plants that live in the soil. The earthworm is important to farming. YAJNYA atmosphere increases the hormones in earthworms involved in their reproductive organs and helps multiplication of the species which in turn helps the soil to become more rich.

Insects

Stop the insects. They are immune to insecticides, pesticides, cold. Line your house with Agnihotra ash!

Grasshoppers become tremendous pests. There is no way to control them. There is one method according to Homa Therapy. If you use the spray made of Agnihotra ash, dried cowdung and distilled water and spread ash on the ground the plant will be spared.

Albino bugs cause considerable damage to crops. They infest the crops through the roots of the plants. These are worm-like or larvae-like creatures. Only way to prevent destruction is to perform Agnihotra on the farm and put ash around the plants.

If a Yajnya is going on around the clock in proximity to a garden, that in itself is an effective aid to insect control. The atmosphere becomes saturated with ghee and the plants are able to manufacture a protective coating due to a special chemical combination in their chemical makeup interacting with the ghee absorbed by the plants by breathing. The Yajnya atmosphere also creates something intangible that permits this situation to occur which is based on the vibrational content of the atmosphere due to the Mantras going on all the time.

Bees are attracted to Homa atmosphere as the amount of energy they receive from Agnihotra fire helps their ability to perform at a greater level of efficiency. When this is translated to pollination, they can help to increase the yield of crops. This is especially true with corn, tomatoes, berries, fruit and the like.

Inborn in the honey bee are certain hormones that are produced solely in Yajnya atmosphere. So it is a foreign subject to anything science has encountered so far in this respect. These hormones help the nutritional levels yielded in vegetables and fruits to yield at much increased rates.

Farming Practices

Whenever possible on a farm, if Homa Therapy Farming practices are being followed, one should attempt to do Agnihotra at a central location on the farm or in a garden throughout the year.

It is probably best to plant in mounds like the Rudolf Steiner method. It allows more food to be grown in less area and it is much easier to care for.

It is good to put Agnihotra ash in the compost pile as this helps energize the material as it decomposes giving the earth it is treated with subtle energies to aid in the growth of crops.

Farmers, if you would like to grow crops in Agnihotra atmosphere, please be sure that the maximum yield is realized when you perform Agnihotra in the center of the farm and then on the four extreme corners of the farm, North, South, East and West. If the farm exceeds 200 acres and if the personnel is there you can perform Yajnya in the interior. It will speed up the nutritional process. When finished do not put the ash in one place; spread the ash.

Do you want to experiment with agriculture? Take a seed and place it in cow's urine for at least two hours. Remove the seed and cover with cowdung and let it dry in the sun. Then plant the seed with Agnihotra ash.

Have a good mind when you plant. Be full of love. Plant on no moon day or full moon day, depending on seed planted. Observe the growth of plants, disease resistance, reproductive capacity, quality, etc. Perform Agnihotra regularly and give the ash to the soil. About a mile away plant another seed of the same stock in the same type of soil with similar exposure to sunlight, etc. Observe the difference if any and just report your findings. We do not ask for conclusions. People can draw their own conclusions from your trained observations.

If one will take distilled water and mix it with a solution of Agnihotra ash, plants will thrive if watered with this water and Love. The incidence of disease in plants will diminish. If a plant is diseased, feed the plant with the water and ash twice daily, just before sunrise and within an hour after sunset. Be full of Love but with compassion, not pity. Talk to the plant and tell it to get well and be strong. Aerate the soil every other day around the plant by sticking an object into the soil. Then most important, take Agnihotra ash and put it into water. Let it sit in the water for a period of three days after stirring the solution. The ash should be powdered. After letting it sit for three days, pour it through a tea strainer or paper towel as though you were making ghee. Use this to spray the plants. By doing all this you can protect your plants from disease and insects. You can help them if they are ill. You can increase the nutritive quality of the plants tenfold. By the way, spray the plants at the same time they are fed the water-ash solution. Also you can mix a little dried cow dung powdered in the water-ash plant food. It will thrive. If a plant is ill, keep it in the room where you do Agnihotra. This is extremely important. In three days the plant will be well. Performance of Agnihotra energizes plants and gives plants nutrients.

The atmosphere becomes nutritional, the rain becomes nutritional, the soil becomes nutritional. Hence, crops become nutritional. Grow plants, crops with Agnihotra. Especially medicinal plants from now on will thrive in Agnihotra Plant Therapy.

If Agnihotra ash paste is put on the roots of plants suffering from root disease they will be cured quickly. They should receive only a minimum amount of water. It should only be Agnihotra ash water. Agnihotra ash should be used in gardening in a big way now.

In Homa Therapy Farming methods, when first starting a garden, it is helpful for future yields if green leafy vegetables are planted in initial stages. This will enable one to grow anything suitable to the climate later on. If in commercial farming, it does not matter, but if Yajnya is done on a larger scale, on say a big farm, the results will be immediate and dramatic.

Alfalfa can be grown on most farms. It puts something special in the atmosphere, something more when grown by Homa Therapy Farming methods.

The water resources of this planet must now become purified. The only way to do this is by Homa. Wherever you can put Homa ash and especially Agnihotra ash into water, do so. When ash is put into water at the source of a body of water, the water becomes energized by *Devayana* and it begins to take on healing properties.

About Agnihotra

The Agnihotra pyramid is a generator of life sustaining energies. It holds all the secrets of life and creation. It is given by Grace of Almighty Father.

The Agnihotra Mantra should be done and the offerings made when the fire is really fully ablaze as the effects are thrust into the atmosphere with the help of the energy coming from the fire.

These dung balls become like little balls of energy when they are ablaze in an Agnihotra pyramid.

You see mountains of light through Mantra. Agnihotra should be done now using more of the cow dung for the gardens.

The smoke from the Agnihotra pyramid fire travels directly east in a counter clockwise spiral. That is peculiar to this Yajnya only. Other Yajnyas may be different. Still the effect shoots straight up a distance of approximately eight miles. Smoke goes in other directions from the fire also but it is most frequent and spirals to the east.

This is where most of the concentration is. It is from the direction of east that the flood of energies, electricities and ethers comes. This is why we are told it is better if one faces east when one meditates.

The energies spiral in a counter clockwise fashion when coming from the Agnihotra pyramid because a tremendous amount of impact and acceleration of those energies is generated that way. Also as the energies move in an upward direction, they are simultaneously moving outward from the copper pyramid in all directions, thereby spreading the effects of Agnihotra to a wider area. There is, though, a concentration of those energies thrust to the North. The word 'thrust' is important here.

One should leave the ash in the Agnihotra pot until the next Agnihotra.

If one can deal with the discipline, only the right hand should be used in removing the ash from the pot and only with Mantra or proper thought.

Use of less wood, unless it is medicinal, should be stressed now. Also we should use more cow dung. Stock pile adequate supplies of dung for cold periods and for people who would like to begin Agnihotra.

HOMA Farming Experience

Michael Billian who practiced HOMA Farming for several years in Baltimore, Maryland, USA and who now teaches this subject at Ashram St. Francis de Asis, Los Andes, Chile, wrote an article on farming experiences in *Satsang* magazine, published twice monthly from Madison, Virginia, which is reproduced below. HOMA farming can be incorporated with great benefit in any system of organic farming where no chemical fertilizers or pesticides are used. The basic idea in HOMA farming is to heal the atmosphere and make it nutritional and the healed atmosphere heals everything else including soil, water, animals and humans. The slogan HEAL THE ATMOSPHERE will now have a much wider connotation. Michael writes:

Homa Farming
Wholistic Healing for Agriculture

Homa Therapy Farming is a system of agriculture from the ancient Vedic science of Bioenergy. Homa or Yajnya, as it is also termed, is a process of purification of the atmosphere done in accordance with certain biorhythms. Agnihotra is the basic Homa which creates a healing cycle in the garden, on the farm or in the home. In Homa Therapy the change in the atmosphere is brought about through the agency of fire. By burning specific organic substances, like dried cow dung, ghee (clarified butter) and a little brown rice in a copper pyramid of specific size at the timing of certain biorhythms (sunrise/sunset) and to the accompaniment of specific mantras, a beneficial change in the atmosphere takes place.

The aim of Homa Therapy farming is:

1. To heal and improve the land that we cultivate rather than pollute and destroy it with chemical poisons and thoughtless farming practices.

2. To grow superior crops without the use of chemical fertilizers, pesticides, herbicides, and the like.

3. To give back to the earth by improving and healing the soil, air and water resources.

Due to pollution, the soil is having difficulty supporting life; weather patterns are changing; acid rains are destroying plant and animal life; insects are becoming resistant to pesticides.

Wouldn't it be wonderful if we could raise crops of superior quality without the burden of knowing we have poisoned and polluted our lands to do so? Explore Homa Therapy Farming and see that we can.

Homa Therapy Farming Practices

A. Preparation of soil

A soil test can be done to find out what nutrients and pH modifiers are needed in your soil.

Soil should be prepared using strictly organic fertilizers and pH modifiers.

Compost, well rotted manure, Homa ash, phosphate rock, and dolomite lime are some recommended materials.

Spread Homa ash, especially Agnihotra ash, over the soil along with your other fertilizers before tilling or digging.

It is probably best to plant in mounds like the Biodynamic/French Intensive method. It allows more food to be grown in less space and it is much easier to care for.

B. Planting the seeds.

Vedic method of seed treatment.

Use organic seeds, i.e., seeds which have not been treated with chemicals.

Treating seeds by the following method can make them more disease and pest resistant and give them an initial boost.

1. Place the seeds in paper cups or jars and label each container with the name of the seed.
2. Cover seeds with cow's urine (obtain from local dairy farm) and soak the seeds for one to two hours. Make sure that seeds mix well with the urine and none are floating on top.
3. Drain the seeds and cover them in cow dung. Seeds can be mixed with enough dung to coat them thoroughly. The dung and seed mixture can then be spread out to dry on paper plates, screens or boards.

As some seeds cannot survive complete dehydration after having been moistened, it is advisable that the seed/dung mixture be dried until just dampdry. The mixture can then be crumbled easily and sowed down a planting row in the garden or in planting pots or flats. If you are planting a small amount of seeds and if the seeds are not too small, each seed can be wrapped in an individual bit of cow dung.

Phases of the moon by which we plant have a great deal to do with the success of Homa gardening. Plant on a new moon day or full moon day, depending on the type of seed planted. Try planting root crops on or before the new moon and above ground crops on or before a full moon day.

When you plant the seeds, try to be full of love, do Mantra, be clean in body and mind.

Plant the seeds with Agnihotra ash. It can be sprinkled along with the seeds down each row. As you water the newly planted seeds, Mantra should be performed.

When transplanting seedlings to the garden, be sure to plant them with Agnihotra ash around the roots. Planting or transplanting should never be done in the heat of the day.

Women in monthly period should never plant or venture near the garden.

C. Daily Care of Garden

1. Do Agnihotra at a central location on the farm or in the garden. If the farm is a large one, Agnihotra should be done on the four extreme corners of the farm–North, South, East and West. If the farm exceeds 200 acres and if the personnel are there, you can perform Yajnya in the interior. Use a lot of dung and other ingredients when doing Agnihotra in the garden. Make offerings when the fire is fully ablaze. The Agnihotra pyramid is a generator of life-sustaining energies.
2. Agnihotra Plant Therapy. To make Agnihotra plant food solution, put two to four tablespoons of powdered Agnihotra ash plus two to four of powdered dried cow dung into a gallon of distilled water and mix well. Plants will thrive if watered with this mixture and with Love.

A spray solution can be made by mixing two to four tablespoons of Agnihotra ash to a gallon of water. Let the solution stand for three days, then strain through a tea strainer or paper towels as if you were making ghee. Use the spray to protect the plants from insects and disease. If a plant is diseased, feed the plant with Agnihotra plant food solution twice daily, just before sunrise and within one hour after sunset. Be full of Love but with compassion not pity. Talk to the plants, tell them to be strong and get well. At the same time you water the plants with the plant food solution, spray them with the ash-water solution.

Agnihotra ash can be spread on the ground around the plants and on the leaves to help protect the plant from insect damage.

If a plant has diseased roots, a paste can be made with Agnihotra ash and a little water. Apply the paste to the affected roots and water the plant minimally and only with Agnihotra ash-water solution. The plant will quickly heal.

In an area where Homa is done twenty-four hours a day, the plants can manufacture a protective coating due to a special chemical combination in their chemical makeup interacting with the ghee absorbed by the plant through breathing.

Some General Recommendations.

1. It is a good idea to layer the compost heap with Agnihotra ash; it energizes the material as it decomposes giving the earth it is treated with subtle energies to aid growth. 2. When first starting a garden, it is helpful for future yields if green leafy vegetables are planted in initial stages. This will enable one to grow anything suitable to the climate later on. 3. Alfalfa can be grown on most farms. It puts something special in the atmosphere, something more when grown by Homa Therapy farming methods. 4. Try to set aside part of the planting area for soybeans if possible. When using Homa Therapy farming techniques, a strange situation occurs with respect to the pathological structure of the legume. A chemical reaction occurs whereby antibodies are introduced into the body by the ingestion of soybeans that will help combat severe diseases. 5. When Agnihotra and Homa are done in an orchard regularly, the trees will yield fruit double the size with twice the meat. Orange and tangerine trees show especially quick results in this regard. Agnihotra acts as a catalyst on plant metabolism. 6. Whenever possible put Homa ash, especially Agnihotra ash, into water at the source of a body of water. The water becomes energized by *Devayana* and it begins to take on healing properties.

US SATSANG Vol. 14 No 16 & 17 JAN. 1 & 15, 1987

Guidelines for Using Herbs

(This article was written by Kathleen Bunce and taken from the book she coauthored with Alice Thomas, Iridology and Health: A Total Approach. *Ann Couto sent this article for* Satsang *with author's permission.)*

History of Herbs

Herbs have been used throughout the history of man. In Genesis, we read that God gave the herb to Adam for his use. The Bible mentions herbs often to be used for both food and medicine.

Hippocrates, the father of medicine, lived about 400 B.C. At that time there were approximately 300 known herbs. He used only 29 of those herbs and was able to cure every disease on the Isle of Cos.

There was a period of time during the Roman Empire when all types of medicine except natural healing were outlawed, and for 600 years Rome was in its glory without any epidemics.

The Roman soldiers carried the herb Licorice Root in their packs. This herb not only helped them from becoming thirsty, but also helped them to handle the stresses of war. This army was one of the strongest armies in history.

In Egypt, 2000 B.C., there were 2,000 herbal doctors.

The Chinese have used herbs for thousands of years. We are familiar with many of their herbs such as Ginseng, Gotu Kola, Brigham Tea (Ephedera), etc.

Herbs played a role when Jesus was born and when he died. He was brought Frankincense and Myrrh as a most prized and valuable gift at his birth. On the cross, when He was thirsty, He was offered a sponge filled with vinegar and Hyssop. Hyssop was the symbol of purification from sin. It is interesting to know that Hyssop is also a pain killer. In modern days it is used on fresh wounds to protect against infection and to promote healing.

The American Indians have always depended upon herbs and plants for their medicine.

Much of our "modern medicine" has evolved from the herbs, such as Valium–from Valerian Root and Quinine–from the Chincona Bark.

Wholesome Herbs Assist Nature

Chemical drugs force the body to do something unnatural. The residues of these products cannot be assimilated in the body and can still be found in the body years after they have been taken. Wholesome herbs work with nature in the process of a natural healing.

Did you know that there is no doctor on the face of the earth that can heal you? A doctor can only assist you to heal yourself with the help of your Heavenly Father. You must take the responsibility for your own health, for you know more about yourself than anyone else. You have the ability to *study, ponder, pray, ask, and receive answers for yourself.*

Why Herbs Work

1. Herbs feed the body with the vitamins and minerals that the body needs to work properly in the proper balance and ratio that God intended.

2. Herbs contain all of the 17 basic minerals and the 70 trace minerals that your body needs to work properly.

Every organ, gland and part of the body needs certain elements to feed it so that it can do its work properly. For example, the pancreas and the reproductive organs require the element zinc. Herbs which are high in zinc will help to feed those parts of the body so that they may function efficiently. If the liver is not working properly because of a lack of iron, and an herb is taken which contains iron–not only will the liver be strengthened, but the rest of the body will likewise be strengthened. The body is a highly complex and highly interrelated mechanism. What helps to strengthen one part will help other parts and what harms and weakens one part will harm and weaken other parts.

3. Herbs are electrical and put energy back into the cells of the body.

4. Herbs stimulate the white corpuscles, which absorb and destroy germs and can actually reduce your chances of catching disease germs. Herbs contain properties which are antidotes for certain diseases of man.

5. Herbs regulate the organs and glands and correct the imbalance in the system.

6. Herbs help to cleanse the cells.

7. Herbs have an affinity to certain parts of the body and perform specific functions. Just as Papaya is known to be a digestive aid, so the other herbs have certain functions. Another example would be the Red Raspberry, which is a wonderful herb for females. It strengthens the uterus and the other reproductive organs. Mullein is an excellent herb for the glands and particularly for the lymphatic system of the body.

8. Herbs will bring faster and better results when combined with a diet of natural foods. Those who regularly use coffee, alcohol, tobacco, white sugar, white flour and excessive meat cannot expect to get the same results as those whose diet consists largely of fruits, vegetables, nuts, grains and seeds.

9. Remember that no two individuals are the same, and each body is made up completely different. This is the reason why God has placed so many herbs in so many different varieties on the earth.

How to Use Wholesome Herbs

There are various methods for preparing herbs.

1. *Decoction*–Roots and barks are made into decoctions. Simmer 1 tbsp. of the cut herb or 1 tsp. powdered herb in 1 cup of water for 15 minutes or more. Remove from heat and let stand 15 more minutes. Strain and drink.

2. *Fomentation*–Dip cloths or heavy towels (be sure they are of a natural fiber) into a warm infusion or decoction (liquid tea). Wring out and apply locally.

3. *Infusion (tea)*–The leaves and blossoms of herbs should be infused. Bring one cup of water to a boil and pour over 1 tbsp. of cut herb (dried or fresh) or 1 tsp. of powdered herb, and cover. Let stand at least 15 minutes. Strain and drink.

4. *Oil of Herbs*–Place the herb in the top of a double boiler. Cover with oil (olive oil is best). Cook on very low heat for about 3 hours. Press the oil from the herb, bottle and label.

5. *Poultice*–Using a fresh herb, crush and apply to the affected part. Keep in place with a bandage. Leave on several hours or overnight. If a hot poultice is needed, steep the herb, cover with a dry cloth and change as it cools.

When using a dried herb, mix with cornmeal or flaxseed to make a thick paste. Add just enough boiling water to hold together. Spread on a folded cloth and apply. Cover with a dry piece of flannel. Do not use over again.

Poultices may also be made by mixing the herb with such ingredients as mineral water, olive oil, wheat germ oil, honey or Vitamin E.

6. *Tablets or Capsules*–This is the easiest way to take herbs. Simply swallow the tablet or capsule with a glass of water. They may also be opened or crushed and dissolved in hot water for tea. The capsule may also be used to be put into the rectum of a baby and will be absorbed into his body through the bowel.

Combinations of Herbs–Why They Work

Herbs seem to work best when put together in what we call herbal combinations. Herbalists have studied and experimented to find which herbs complement and add strength to each other, and in so doing, increase the efficiency of the combination.

1. *Cayenne*–Is often used in combinations because of the way it speeds the blood circulation and thus carries the other herbs to where they are needed in the body.

2. *Ginger*–Is added to many combinations because it speeds the herbs to the lower part of the body.

3. *Lobelia*–Is often added because it is the "thinking herb" and will cause the body to respond in the best way possible to the other herbs in the combination.

Specific Instructions for Some Special Herbs

Cayenne

Cayenne is one of nature's wonders. It goes immediately into the bloodstream and adjusts the blood pressure from the top of the head to the bottom of the feet. It will equalize the blood pressure over the whole body. There is not another herb that can surpass its ability to stop bleeding, control shock, or stop a heart attack. It is a wonderful food for the cell structure of the arteries, veins and capillaries, making them young and elastic again. It is a healer for wounds, burns, and ulcers, and can even be given to babies to soothe colic.

Cayenne can start working so quickly that you may feel nauseated if taken on an empty stomach.

An important guideline in using the herb Cayenne is to remember it can be *hot going in and hot coming out.*

Start by taking one tablet or capsule two times a day. This is about 1/4 tsp. Increase this amount slowly until you are taking three capsules three times daily (or three tsp. per day).

In the case of a bleeding ulcer do not wait to increase your dosage gradually, but start immediately by taking one teaspoon at a time for quick relief.

In most cases, one teaspoon of Cayenne in a glass of warm water will stop a heart attack. If the patient is unconscious, inject this liquid into the rectum.

Some people complain that they burp Cayenne or feel as though they have heartburn after taking the herb. The reason for this is that their digestion is out of balance. Stick with the discomfort, as after a period of time your digestion will be better, and you will no longer be uncomfortable. Try drinking more water with Cayenne, and see if this will help the problem. Slippery Elm or Papaya capsules can also relieve the discomfort.

Chaparral

Much can be said about the herb Chaparral. The Americans Indians used it as a cure all. The Mexicans used it to control venereal disease. Chaparral is probably most well known for its action in cases of cancer and arthritis.

Chaparral is a very bitter herb which is excellent in cases of stomach disorders. It is one of nature's strongest and most effective liver cleansers. Chaparral is a "cell traveler" and traces can be found in the urine as soon as 27 minutes after ingesting the herb.

Chaparral not only helps in stabilizing the metabolism of women who are having female problems, but is helpful in cases of leucorrhea, amenorrhea, dysmenorrhea and prolapsed uterus.

It is a healer to the urethral tract and also to the lymphatics. As it moves throughout the body, it cleans, tones, and rebuilds the tissues.

Ulcers are helped with the use of Chaparral and Cayenne. It is also helpful for athlete's foot, dandruff, removal of parasites, hemorrhoids, snake bites, sores, cuts, bruises, and tetanus.

Golden Seal

Many books have been written on the virutes of Golden Seal Root. It has been called the king of all herbal remedies. The Cherokee Indians showed the white man how to use Golden Seal for treating ulcers and arrow wounds.

It can be used for many different ailments from the common cold, ulcerated stomach, enlarged tonsils, skin eruptions, scarlet fever, and smallpox. It is wonderful for open sores, inflammations, eczema, ringworm, or any skin disease. It is also a remedy for coughs, inflamed lungs, hemorrhage, asthma, and tuberculosis.

Golden Seal Root tends to lower blood sugar. If you are hypoglycemic, be sure to take twice as much Licorice Root as Golden Seal Root. For example, if you take two capsules Golden Seal Root, take four capsules Licorice Root.

Golden Seal will act as an antibiotic. If used in large amounts over a long period of time, it will rob the B vitamins and the friendly bacteria from the colon. Be sure to replace this flora by increasing your B vitamins, particularly B6, and using Alfalfa and/or acidophilus culture.

Lobelia

Lobelia is probably one of the most misunderstood herbs known to man. If used properly, it is as harmless as water and one of the most powerful medicinal aids known to man. In small amounts it is great for the nerves. Frequently when given in large amounts, it acts like an emetic (e-met'ik) causing one to throw up. It helps in cases of cough and bronchitis and removes obstructions. It can be added to poultices for infammmation, ulcers, and swellings, and it acts as a pain killer.

When using as an emetic, be sure to give a stimulant herb, such as Cayenne or Peppermint Tea before administering the Lobelia.

Tincture of Lobelia is very effective for asthmatic conditions. It helps to clear the phlegm from the lungs and open up the entire respiratory system.

A True Story of Strychnine Poisoning and the Use of Lobelia and Other Herbs

On the morning of December 3, 1978, I let Blacky (our Labrador dog) in the house. She had been left out all night as she had not come home before we had retired to bed. About 8:00 a.m., I heard a thud. She had fallen over, stiffened out, and was lying in my closet. Darrel and I ran over to her and watched her as she went into a convulsion, her eyes rolled back into her head, and she stiffened out. My first impression was that she had been poisoned. I asked Darrel to pick her up and take her into the kitchen. As he carried her, she completely lost control of all her functions and started urinating (which happens frequently at time of death). Her heart was not beating, and we were sure she was gone.

I got out a bottle of Tincture of Lobelia and started squirting it into her throat as fast as I could. I must have put at least 8 to 10 eye droppers full before her chest started to expand. When this happened, I started using Tincture of Cayenne, about four droppers full, until she started breathing on her own.

Blacky was not too spunky for a while. In about an hour she started going into the convulsions again. We again gave her the Lobelia and the Cayenne. Another hour went by and she repeated the convulsions. We gave her the herbs a third time.

She neither wanted to eat or drink until about 3:00 p.m. and then had some water. She ate very light at night, and by the next morning, she was her old self again.

There had been other animals poisoned in our neighborhood, and they never made it. I am grateful for the herbal knowledge I have to not only take care of my family but also to take care of and preserve the lives of my animals.

(This article is intended to be informational only, and not a substitute for the opinions and guidance of trained professionals.)

US SATSANG Vol. 14 No 18 FEB. 5, 1987

Vasant's Talks in Syria, Jordan, Turkey 1986

The end is near. Total destruction of the planet is imminent. *This can be stopped.* It is not too late. Listen now, *Agnihotra* produces an electrifying effect on the atmosphere.

Now is that time told in the Bible. Nation rises against nation, floods, famine, earthquakes. This is that time. This is the time as given before in the holy scriptures of the Bible, the Koran and all ancient religions. This is the time as told in Daniel. In the Bible it says 'the time will come for the morning and the evening sacrifice." In the Bible it was stated that the time was far off. *Now is that time. Now is the time told then and Agnihotra is the sacrifice mentioned in Daniel* which I bring to you with all love. By practice of Agnihotra you will rid yourself of thought pollution and become better Muslims and Christians.

Everything is dependent on proper balance in day to day life. To achieve proper balance, disciplines are given. Agnihotra, meditation, Yoga, all these help train the mind to become more balanced, more clear and ultimately in tune with higher energy, i.e. *Love.* This is how you become better Muslims and Christians.

You have to clean with love, bake with love, care for your children with love. Just as you must treat the neighbour with love, you must treat yourself with love. Agnihotra will help you with this love.

US SATSANG Vol. 14 No 18 FEB. 5, 1987

Sprouts and Indoor Greens

Just about any seed with hull, grain or dried legume or combination can be sprouted. A large glass jar is suitable as your sprouting container. A rubber band, the lid to the jar, and some porous cloth or fine screening large enough to fit over the top of the jar and which could be secured by the rubber band will be needed.

Remove the lid and save it for later refrigeration of the sprouts. Place the seeds in the jar according to the chart. Wash well and cover with about 3 times as much ash water (made by putting 1 tsp. of Agnihotra ash in one gallon of boiled water) to allow for swelling and let soak according to the chart. After soaking, pour off the water through screen and keep the jar on its side (spread seeds) in a warm, dark place (kitchen cabinet or closet).

Soak water is very nutritious, being high in vitamins. Dilute it and use it for drinking, cooking or watering plants and flowers. Rinse the contents of the jar and let it drain well to prevent rotting. This should be done twice daily during the growing period (see chart on page 9).

Alfalfa needs to be loosely distributed in the jar. The jar should be placed in the light (not direct sun) for the last day or two of sprouting when leaves are visible to induce formation of chlorophyll. Uneaten sprouts can be refrigerated in the jar with the lid replaced.

Sunflower seeds, buckwheat, and whole wheat berries are very suitable for growing indoors. These small green plants are very nutritious. Along with sprouts about 1 cup of these greens should be eaten a day.

To prepare these seeds or grains for growing indoors first soak them in Agnihotra ash water for 12 hours, then sprout them for 12 hours. A thin layer may be spread out on one inch of soil mixed with Agnihotra ash in trays (cafeteria style trays work well). Cover the trays for the first couple of days then open them to sunlight. Water the trays liberally every day.

Within a week or so there will be some greens ready for harvesting. Remove the hulls and utilize them as you would sprouts. Indoor greens are particularly nutritious in blended drinks. Wheat grass (the greens from wheat berries) cannot be used whole. It is too tough to eat or digest as it is. The grass can be juiced in a wheat grass juicer or can be chewed and the remains discarded. If juicing, one to three ounces is enough to start out with. It is fairly powerful and can cause some gastrointestinal problems if too much is taken. The juice may be taken straight or added to other drinks.

US SATSANG Vol. 14 No 18 FEB. 5, 1987

Sprouting Guide Chart

Type of Sprout	Quantity Per Quart	Soak Time	Growing Time
Alfalfa, Fenugreek and Small Seeds	1 Rounded Tbsp.	5 - 8 hrs.	6 - 7 days (Alfalfa) 4 - 5 days
Mung or Grains	3 Rounded Tbsps.	12 - 16 hrs.	3 - 4 days
Wheat or Grains	1/4 Cup	12 - 16 hrs.	2 - 5 days
Sunflower	Less Than 1/4 Cup	8 - 10 hrs.	4 - 6 days
Soybean	1/4 Cup	8 - 10 hrs.	3 - 5 days
Pea and Other Legume (Dried)	1/4 Cup	14 - 16 hrs.	3 - 5 days
Combination	1/4 Cup Total	Of Longest Sprout	4 - 5 days

Towards A Positive Future

Each and every individual looking logically at what is happening in the world today, will realize that the conditions of life on our Earth have drastically changed from bad to worse. The political situation all over the world is extremely tense — crime and terror are on the increase and, furthermore, catastrophes of nature have occurred to an alarming degree over recent years. Funny though it may seem, most politicians — at least from their point of view — honestly aim at keeping the world's peace and improving the conditions of life for the people. Why doesn't it work, then? Is there anything wrong? Yes, indeed! Mankind is exploiting the Earth. We are all living out of harmony with nature. Thousands of square miles of primaeval forests are being uprooted in some countries today, on account of the laws of nature not being recognized there. The fact that plants are being destroyed, which not only represent a water reservoir for the soil but which also transform the carbon dioxide content of our atmosphere into oxygen is being disregarded. Due to the growing industrialization, more and more oxygen is being burnt and carbon dioxide blown into the atmosphere. The effect of too high a carbon dioxide content is that the atmophere is heated up far too much due to solar radiation. In addition to this, the ozone layer in the stratosphere has grown considerably thinner, due to the continuous air pollution, so that the solar radiation is no longer sufficiently filtered. An increased amount of ultraviolet radiation thus hits the surface of the Earth. In addition, there are many nuclear tests which contaminate our atmosphere with radio-activity, plus all the other "events" which mankind causes, in contrast to nature's laws. The result of all this is that the balance of nature has already been severely impaired. Time and time again, there are reports of extremely hot or cold periods, of floods or earthquakes, occuring at the present time. All this should really be a warning to us, but most people do not listen. They think that nothing has happened over the past centuries or so, and thus presumably nothing is going to happen in the future; but this is a fatal error! However, we will start to pay for our mistakes immediately. The effects of the wrongdoings cannot be stopped at a moment's notice. In the immediate future, the equilibrium of nature will get completely out of balance. Now the time is upon us, which several prophets have forseen and which has been called "the Day of Judgement" in the Bible. The catastrophes, which are going to happen in the immediate future, will be unsurpassed by anything that has ever happened before. Human beings will hardly be able to imagine the kind of conditions prevailing on earth. At such a time, many people will desperately pray for help and guidance "from above". Such help will indeed come "from above" but in an entirely different way from what the Church teaches, because the Church interprets a lot of things from the Bible wrongly. We cannot reproach the Church for this, because very simple errors of translation and falsifications of the original bible text, have led to said false interpretations. The following chapters aim at correcting such mistakes. There are cosmic laws which have existed for millions of years already. Many people, however, are not aware of these laws. In order to survive the times to come, we must acquaint ourselves once again with these eternal truths, which have been preached by Jesus as well as all the other saints.

The most important aspects are going to be dealt with as herewith:-

It is high time for reorientation!

If the first signs of a major catastrophe of nature are noted here on earth, or if plants lose their chlorophyl, or if a couple of minor earthquakes destroy some overhead wires so that the electricity supply breaks down in a few towns, or when unemployment and famine rule the world … then a lot of people will remember what they have been taught by the Church. They will desperately pray to Jesus Christ since they hope to be "saved" by Him. However, these prayers will all be in vain, because a "redemption" presents itself in a different way. The belief that Jesus will deliver us from sin because of his crucifixion is, unfortunately, a fallacy.

The Bible has been considered the Book of God by the Church and to most people it is deemed infallible and sacrosanct. We should know, however, that the Gospels of Matthew and John were only recorded long after Jesus' death. Luke, who was a physician, did not know Jesus at all. All that Paul told him about Jesus to the best of his knowledge was recorded. The Gospel according to St. Mark, does not come from the Aspostle himself, but from the interpreter of St. Peter in Rome. He also recorded whatever St. Peter told him of Jesus. — However, there is another point. After the Council of Nicaea (325 A.D.) some scholars (so-called 'correctors') were commissioned by the church authorities to correct the text of the holy script, in accordance with the interpretations that the Church considered to be "correct". Thus the parts which mainly dealt with "meatless nutrition" and with "reincarnation" were dropped by the correctors. Even then (and apparently still today) the Church had an essentially different view regarding the ways of God, than Jesus. (At the beginning, however, the teachings of reincarnation were acceptable. Only since 500 A.D. or so has this been rejected as "blasphemous" and "Satanic"). The ecclesiastical dignitaries of the time rather preferred the picture of a "redeemer" having taken away all our sins by way of his crucifixion. They gained quite a lot more "believers" that way.

In church, Jesus' words on the cross "My God, why did thou forsake me?" have often been quoted and we wonder why he said such a thing. The only answer is that this again is a false translation. The correct meaning of the translation would read, "My God, why did you glorify me thus?" St. Jerome is supposed to be responsible for this falsification of the text. We understand that quite a lot of God's truth, which should really be taken from the Bible, has been falsified by human stupidity. In the old days, it was the custom to add a designation to "prominent personalities". So John was called "John the Bapist". Also one did not speak of Jesus, but of Jesus Christ. The word "Christ" has the meaning of "the Divine" or "the God-conscious" respectively. Therefore Christ is not a person at all, but the designation of a characteristic or a very special state of the mind, namely that of the "Divine" or the "God-consciousness". Jesus did possess "God-consciousness" — that is perfectly true. Jesus never preached that He would redeem us but said, "Christ will redeem you". That means that this special "God-conscious" (i.e. Christ) state of mind, will redeem us of all evil. — In other words, every individual should try to obtain such a "Christ" or "God-conscious" state of mind. Only if and when we have reached this Christ state, shall we be delivered of our sins.

Jesus called himself the Son of God. Some of us therefore have the impression that there is no chance of ever getting to be like Him. Many religious people believe that they are wretched little creatures compared to Jesus, born in sin and very imperfect at that. Jesus, on the other hand, the Son of God, absolutely pure and without sin, would come from an entirely different world — in other words, He would be "different" from us. — Admittedly, at that time, Jesus was highly superior to all the other human beings. This was the case, only because all His divine characteristics had already been fully realized by Him. Each and everyone of us is in possession of the said characteristics. Most people, however, have not yet fully developed them. We are children of God just the same as Jesus. We have just the same divine "core" inside of us as He has. Jesus, too, confirmed this and spoke the words, "You shall do greater things than I". He expressed that each one of us can become like Him — meaning that each one of us can reach this state of God-consciousness, even that we MUST reach it. Indeed each human being has the spiritual ability to heal diseases, to walk on water, or do the like. These "abilities" or talents are potentially in us all. In order to realize them, we have to work a bit more on our "ego". We have to reorientate ourselves in many ways, and of all, we have to exercise non-violence. In the Sermon on the Mountain, Jesus gave us the exact guidelines for our lives. He has set us the example of His own life. He has taught us how we should live. Even when they crucified Him, He did not deviate from this demand. He stayed gentle and humble and suffered His death on the cross, although He possessed the power to prevent it.

Yes, "Christ" is a state of mind. Christ is the ultimate aim of our existence. If and when we have reached this condition, all our misery is at an end and we shall live on in eternal bliss.

The Protestant and the Catholic churches are of the opinion that Jesus was, or is, the only Christ. This unfortunatley, is wrong too. Buddha, for example, was also God-conscious. He thus was as much "Christ" as Jesus. Buddha had the quieter character of the two and therefore did not perform so many miracles. He preached non-violence and humbleness just the same. — Approximately 3,000 years before our era there also lived a Christ. He was named Krishna and he freed mankind of a cruel tyrant called Kamsa. — Today, too, there lives a Christ on earth again. He is the Son of Man as prophesied in the Bible, who is the one to hold the "Day of Judgement". On May 17, 1978, at midnight he delivered a message to all the people of the earth. This is what it said:

"GRACE BE WITH YOU ALL —
OH TRAVELLERS OF KINGDOM OF
HEAVEN,
LIGHT OF THE WORLD HAS
DESCENDED ON EARTH,
DIVINE LIGHT IS SPREADING
THROUGOUT THE
WHOLE PLANET,
THE KINGDOM OF HEAVEN IS NEAR
AT HAND.
BLESSED ARE THEY WHO SAW THE
LIGHT,
FORTUNATE ARE THEY WHO
WALKED IN LIGHT
FOR THEY WILL ENTER THE
KINGDOM OF
HEAVEN — OM!"

So there will be heaven on earth in the forseeable future. However, all the negative influences have to disappear beforehand. Negative forces cannot be evicted from their place without a lot of effort. Before they disappear, they will once again exercise their full power — and then our earth will shake and creak in every joint. We alone are to blame for all this misery approaching us now. For many centuries, man has disregarded nature's laws and the teachings of Jesus. Time and time again wars have been fought, and in our day and age we have exploited the earth, poisoned the atmosphere and are coducting our affairs in a most unresponsible way. This is going to be revenged in the years to come because everything we do will be avenged ... this leads us to the next conclusion, which the Church does not explain properly, viz. "karma". Karma is a law of nature that has been in existence since the Creation. Karma means that everything we do will come back again upon us; In other words: He shall reap as he shall sow. Moses has already explained the above law but that, too, has been wrongly translated in the Bible. If we read the words "An eye for an eye, a tooth for a tooth" in the Old Testament, we think that everyone is supposed to take revenge on his fellowman. In reality, Moses explained "karma" to us. Whatever you have done, you will have it returned by God. Sometimes, as in "an eye for an eye, a tooth for a tooth" — God is just!

In order to grasp fully that the cosmic laws are indeed "just", we will have to familiarize ourselves with another fact which the Church, unfortunately, does not teach us, In fact, it is supposed to be "blasphemous" to speak of "reincarnation". If God is really righteous, this is the only possible way; why is it that one man should be born rich and is able to live in the lap of luxury, while another person is poor and suffers one misfortune after another? Or why, we wonder, could a child be born blind, deaf or crippled? If God is righteous such a thing could not really happen! Could it be that the child had perhaps lived before and committed sins then? This is a logical conclusion of people with a sound sense of justice, showing us that it cannot be otherwise. We do not live but once, ten times or a hundred times, but ETERNALLY. Jesus tells us so and it can be found in the Bible. The Church considers the "eternal life" to be something mysterious — it is believed that some day Jesus will return, and will raise all those who have ever prayed to Him from the dead, and render them eternal life. This, too, would be highly unjust, since before Jesus was born, many people had lived who did not know anything about Him. Would they really be excluded from this "revival"? What would happen to someone who had lived a good life but did not pray to Jesus, but to Allah instead? Would he, too, stay "unredeemed"? Every thinking individual should come to the conclusion that there must be something wrong here. "Reincarnation", however, is not all that mysterious, but completely logical and natural. The only thing to learn is that our bodies cannot live on their own, but must obtain life through our minds. We — that is our "ego", are a mental energy. When we die, we leave our bodies. Then we have the chance "(where" and "when" depends on our karma), to later "reincarnate" and to begin a further life. Our body matter can therefore not "revive". Once we have left it due to death, it is no longer of use. It can be burnt or left to rot. This is really immaterial since it only represents a cast-off mortal frame with no purpose. When we reincarnate, our "ego", i.e. our mental energy, forms a new body. We then possess a new material frame for a further life. In the event of no further change of character or habits, the new body will then look exactly the same as the old one, because we are influenced by our mental energy, and thus our material frame is in agreement with our mental image.

For the sake of completeness I should like to mention that all of us possess a second body as well the so-called astral body. Although it is matter, too, it is so much finer in its atomic structure than our earthly matter body that we are unable to recognize it with our senses. When we die, we leave our body, together with our astral body. We then continue to live together with this astral body in the astralsphere (which we cannot see as long as we stay in the earthly matter sphere) before we reincarnate once again. This fine-matter astral body is equivalent to our mental image, just as the coarse-matter body is, too. In other words, in the astralsphere, too, we look the same as here on earth. In order to comprehend reincarnation, it is really insignificant whether we leave our bodies after death as pure mental energy, or together with our astral body. The only important thing to know is that our material body is just a frame with limited span of life which cannot reincarnate.

We are not our body! Our ego is mental and immortal. We live eternally, but not so our body. In contrast to the mental world, the Law of Growing and Perishing rules the material sphere. Being of a mental nature, our ego is not subject to the said law. However, there is a certain duty to fulfil here on earth, which is relevant to our karma. As purely mental energy, we would not be able to do anything — we would neither be visible, audible nor perceptible. We therefore need a body in order to be active and this body is grown from material substances by means of our mental energy. This body is not mental, but material, hence it cannot live forever. According to the Law of Growing and Perishing, it is quite clear that it becomes useless after a while and will then have to be left by us.

Even in His time, Jesus tried to explain all about reincarnation to His disciples and other people. At such a time, however, these things could not really be mentally grasped. In the original text of the Bible, several passages tell us of reincarnation. These passages, however, were diligently eradicated when the "correctors" of the church worked on the text. In those days, one could not imagine that there was an invisible energy. Today, we can understand this much better. A radio transmitter, for example, also radiates energy, which is invisible. In those days, one did not know either, that each human has got a subconscious. Therefore, it was rather difficult for these people to grasp the mechanism of "karma". "He shall reap as he sows" is the law. All over the universe, there is total justness. How it all works is really not all that difficult to explain: Not only do we all possess a mind (the head-consciousness), but also the subconsciousness. Our mind is able to commit deeds and make decisions. Our subconsciousness cannot do it. It only receives data sent by the headconciousness and stores it. However, it does not store it for just a few days, months or even years — but for eternity. When we do leave our material body on our deathbed, we take with us each and every deed which we have committed during our life-time, even those which did not really enter our subconsciouness —

practically stored (and converted into a code of mental energy.) This mental "computer picture" of our sub-consciousness is responsible for where and when our next reincarnation is going to take place, since homogeneous or similar energy structures interact with one another. Birds of a feather flock together. If we have committed wrongs in our past and possibly in several previous lives, we will be reborn to our new parents at the same stage of development in our next life. However, if we committed worthy deeds, our sub-conscious "computer picture" draws us towards better parents. All this is a relatively simple explanation. In reality, karma is working to such an accuracy unimaginable to our human mind. The data stored includes all the side factors, such as for example, "Did you repent after your wrong deed" or "Did you act in self-defence" etc. Today's fate depends on deeds done in our previous lives. Sometimes the effects of karma come true during the same life time, and sometimes they happen later. We cannot undo them. Karma is inevitable! (By way of a pure life we could manage, however, that our bad karma of earlier days weakens in effect. The cause for this will be explained later.)

Only if and when we understand karma and reincarnation, the deeper sense of life reveals itself. All forms of life aim at improving themselves, or at perfecting themselves in the direction of GOD. In order to understand it all properly, we should know that all things created consist of the same primary substance, the stones or minerals respectively being the lesser forms of life. There is no form of consciousness on this level. The form of life next in line are the plants. At this stage, the first signs of existing emotions and consciousness show up. A plant can indeed be happy and afraid as well. Our scientists discovered this some years ago. Such "emotions" can be made visible by way of the Kirlian Photography. Plants are able to perceive the ideas of man and react accordingly. The next form of life in line are the animals. Here, the consciousness is more highly developed in comparison with the plants. Nevertheless, animals almost exclusively act according to their instincts. They do not as yet have the mind to think about their godly descent. Only man can achieve this ultimate form of life.

We know that with minerals as well as with plants and animals, there are various divisions. We differentiate between lower and higher forms of plant life. Lower forms of life in the plant range are for example mosses or fungi, flowers, bushes and trees can be considered plants of a higher form of life. The world of the animal, too, exhibits various stages of development. Worms, insects and fishes, for example, are on a lower stage, birds on a medium, and mammals on a higher one. Only very few people know, however, that there is the same kind of grading dividing us into various categories. The span between the "lowest" animal/Human Being up to "God/Human Being" or Christ is just four times as large as from the lowest to the highest form of life in the world of plants or animals.

When man is on the lowest stage, he at first does not behave much differently from an animal. He unscrupulously subjugates other weaker creatures. The only way to tame him, is his fear of punishment. Good, or rather divine, characteristics are not as yet in such a human being — these will only develop in the course of many thousands of lives. This is due to his karma. Should he hurt or kill other creatures, he will later, according to the Law of Karma, also be hurt or killed. After many thousands of lives, he will slowly but surely learn from his mistakes … thus continuing his development. Very slowly — after thousands of future lives — he, too, will develop his divine characteristics.

If he has thus become a righteous and mentally superior human being, he will one day discover his love for God, and from then on, he will not rest until he has managed to reduce his karma and become a Man of God (Christ).

During our life-time, we aim to reach the Christ state. If we have achieved it, we are ultimately free. We are the masters of our own selves and of others too. We can work miracles, heal diseases and do quite a lot more. Our mind penetrates the unlimited depth of the cosmos. He who is not in possession of this state as yet, will not be able to do it. He is bound by his karma and not yet free. This is why we should avoid doing wrong. Bad karma is a tie which interferes with our development. We shall only advance if and when we have atoned for our bad deeds. Karma works with infinite precision. Each good or bad deed, however small, is registered and repaid. If there was not karma, there would be no justice.

By way of karma, we are in a position to further our full mental freedom. We are of a sound, logical mind and have thus the means to gain experiences and think them over. It is only natural that man is prone to make mistakes now and then. Our karma sees to it that we realize those mistakes. Nobody is angry with us in the cosmos if we have committed a bad deed. Our karma will take care of it so that we are repaid, and if we are then badly off, we are afforded the best of possibilities to contemplate our mistakes or "errors". Thus our bad karma leads to some good in the end, namely that we are richer in an experience. For a Christ development, a human usually needs a long time, several million years on average. Basically, it is up to him alone how fast he will develop. Upon dying, we have reached a definite state of development. Under a good karma, we are allowed to go on from just the same state where we stopped due to our last death, when our next reincarnation takes place. With a bad karma, the whole thing is delayed a bit, however. The force of karma "pulls" us down to lower spheres. We have to stay there until we have atoned for everything. During this period — this may even last for several thousand years or several hundred lives — we have the time to contemplate the tricks we have played; our development only advances as and when our bad karma has run out.

He who knows karmic effects can only feel sorry for the worst of all criminals. The terrorist, for example, who killed and maimed a lot of people in an explosion during a bomb attack in a public building, does not realize the fate that awaits him. Under certain circumstances, he will have to spend many a life suffering from the severest of hardships as a cripple.

Now that we know how all this is functioning, it would really be utter stupidity to do bad deeds. So let us be humble and try to be good and kind. With an unspoilt karma, it would be possible in theory to reach the Christ state in less than ten lives. Practically, this hardly ever happens although we should endeavour to work on our ego in our life-time so that we progress at least a little bit.

On our earth, there are mainly humans of a medium-high state of development, reached over the past couple of thousands of years. One could express such a development stage as "X percent God-consciousness". He who has reached Christ, thus possesses 100 per cent God-consciousness. The average citizen who possesses 50 per cent God-consciousness would thus be right in the middle of his development between animal and God. Such people are usually quite decent citizens, although if they are told to, they would also go to war and kill other people without having a bad conscience. People with a God-consciousness of only 20 to 30 per cent usually only behave properly in human society, if they are afraid of the authorities. If they are allowed to act freely, they usually cause disaster. People in a stage of development of 60 to 70 per cent for most parts, try to aim at being good. They are stronger personalities than those with a lesser God-consciousness and are thus more suited for leading roles such as bosses, directors, etc. In artists, you can sometimes find an even higher state of consciousness. Beings with a God-consciousness of more than 70 per cent normally live on other more highly developed planets, where more peace exists than here on earth.

A new term has just emerged: "another planet". Most of the people of today still believe that the earth is the only inhabited planet in the universe. What a preposterous idea! A huge "lifeless" universe, containing a speck of dust called earth where all life takes place? Never! A thinking individual will surely have taken into consideration that there might be the possibility of life on other planets. If we try to imagine the size of our (so-far discovered or visible) universe, we would arrive at the logical conclusion that there MUST be other inhabited planets. Our Milky Way galaxy alone consists of more than one hundred milliards of suns. This would result in several hundred trillions of suns in the space discovered by us up to now! But a logical mind — after some contemplation — will surely come to the conclusion, that in all probability things will look pretty much the same in other parts of the universe, as known hereunder. If there are planets revolving around each sun, we would reckon up to almost a thousand trillion celestial bodies. With such a huge figure in our mind, we should not presume to form an opinion as some people do in all earnest, in believing that our earth is the one and only inhabited planet in the universe. In fact, there are numerous other planets where human life exists, which is similar to the forms here on earth. In a far larger number, these inhabitants are highly advanced as regards technology and ethics. Depending on the stage of development of the inhabitants, one would speak of higher or lower planets. Under these categories, our earth would then really be a medium-type planet.

Unfortunately, men did not listen to God's voice for some thousands of years. They claimed to know better and to be better. We can see the result now. Due to their wrong deeds and beliefs, man has created a very strong negative karmic force, which can be held responsible for conditions on earth going from bad to worse. Now there are many who pray, "Dear Lord, why do you allow all this to happen?" In reality, it is only the people themselves, who are responsible for such misery. God leaves every individual to his own devices. If someone disregards the divine guidelines and acts in accordance with his own discretion, he might just as well do so. However, he should be aware that all his deeds produce karma, which he has to suffer in later lives. At present, the negative forces of karma are so strong on earth that the average citizen is no longer in a position to recognize higher divine deeds at all. The humans of today live mainly in accordance with laws, which they have created themselves. We try to rule a lot of countries "democratically" and then wonder why it does not work. If you are looking for democracy, you will find nothing but "hierarchies" all over the universe. It is God's will that in human society the more highly developed, should always lead the less highly developed. In other words, bosses should have more God-consciousness than their employees. It looks as if the human beings are not taking this divine rule into account any longer. At the moment, industry and governments employ people at the top who are no more advanced in their state of development, than a normal average citizen. These people are never ever able to lead others with divine guidance. In order to re-establish the divine order, you will find on our earth, a great number of highly developed men, who have incarnated at present. Some of them possess even more than 90 per cent God-consciousness. They are, in every respect, superior to all the other human beings. They are going to be our leaders and advisors during the period of catastrophies. On the other hand, the negative parties will also let loose their followers, who are trying to win people for their cause by dubious or fake "miracles", and by using all kind of deception. People who have not improved themselves (refer to next chapter) will not be able to distinguish between the genuine and the faked prophets. More likely than not, they will believe the wrong prophets and will miss the boat to our heavenly kingdom, which will rise up after the Day of Judgement right here on earth (please refer to the message on page 8).

In a Kingdom of Heaven, humanity will once again live according to cosmic or divine guidelines. It will then be very beautiful on earth, unimaginable for us now. In such a state the king will be a person with an extremely high degree of consciousness. Under his guidance humanity will discover new energies and technologies, which are beneficial for our environment and everyone will look up to their monarch with love and adoration. Such kingdoms did exist on our earth some thousands of years ago. Some of the Pharaohs were the last of these highly developed monarchs. On account of their wondrous deeds, the people worshipped them as their gods.

Today, most people believe that democracy is the best form of government. This is a fallacy, however, and an explanation as to why this is so will follow: Usually, there are always more stupid people among the human race than intelligent people. During an election, the vote of a stupid person will count just as much as the one of an intelligent member of the community. If the opinions of the intelligent and the stupid are in contrast to each other, the intelligent will always come off worse. This is because of the predominance of the stupid. You will therefore find that, in a democratically governed state, mostly the wrong people are at the helm. However, a democracy is still better than a dictatorship where the people have nothing to say for themselves, and only obey because they are frightened of their ruler. Now let us once again return to our universe.

It consists mainly of suns, planets and moons. The planets revolve around the sun and the moons revolve around the planets. We know that there are numerous celestial bodies, yet hardly anyone can imagine the huge size of our cosmos. Even so, our cosmos is almost empty because the distances between the individual celestial bodies are so immense. In order to give a small idea of the huge distances, I would like to give the following example to my readers: Please let us assume that we are in a position to design a spaceship capable of such unimaginable speed, that this flying object would fly from London to New York in exactly one second. Such a spaceship would accomplish the distance between the earth and the moon in just one minute. Then let us further assume we could fly with such a fast spaceship right through our solar system to the next sun. If we could travel constantly at the aforementioned speed and start from our sun, we would cross Mercury's orbit — the planet nearest to our sun — after approximately two and a half hours. After about six and a half hours we would then pass our earth in a matter of a few seconds. We would meet Saturn after two and a half days, and after approximately ten days we would have passed Pluto, the farthest planet of our solar system. From then on, we would fly through only empty space and it would be another two hundred years before we reached the next sun, the fixed star Proxima Centauri.

I would like to add another example of the proportions of our universe: Let us imagine that we could scale down our solar system so that our earth would only be the size of a pea; then our sun would still be quite a remarkable ball of approx. 30 inches in diameter. The pea-sized earth would then be at an average distance of approx. 85 yards from the sun. Saturn would then be the size of a tennis ball and would be at an approximate distance of 810 yards to the sun. The average distance to the planet Pluto would amount to about 2 miles ... and at such a scale Proxima Centauri would be 12,500 miles away! In order to illustrate these amazing figures even better, let us reduce our solar system even more. Suppose the distance to the fixed star Proxima Centauri is "only" 1,250 miles. At such a scale our sun would only be the size of a tennis ball. Jupiter, the largest planet, would then be found at a distance of roughly 45 yards, being the size of a pea. The earth would be the size of pinhead, in orbit around the tennis-ball sized sun, at an average distance of 8 yards.

We have therefore learnt that the distance between the individual stars is immense. Everything is really nothing but empty space. But let us turn from macro-cosmos to micro-cosmos. It was in the not too distant past that we learnt that all material consists of atoms encircled by electrons. In the micro-cosmos — just as in the universe — we see tiny particles in orbit. The atomic nuclei are — seen from our point of view — the tiniest of suns with planets revolving around them. If we now compare the micro — with the macro-cosmos we obtain the astounding result that the same size and distances in relation to one another, hold true everywhere. This means that all the objects which we think, we see or feel in reality consist exclusively of empty space, with electrons revolving around the atomic nuclei, just like planets around the sun. Our senses are, of course, much too, "insensitive" to perceive these smallest of all particles. We can only see, hear and feel "matter" which result from the varied ratios of forces and vibrations of atoms and electrons. All things, be it air, water, wood, stone, metal, or ourselves, in reality consist of the same substances, i.e. mostly empty space with tiny revolving particles.

As has been said before, our material senses are rather insensitive to the point of indifference. They are thus rather limited. There are such a lot of things which do exist, which we cannot perceive, however. Take our sense of hearing, for example. It covers approx. 16 to 20,000 Hertz*). (In old age the upper limit is usually just below 10,000 Hz). Higher or lower sounds, however loud, do not penetrate into our consciousness. All the same our sense of hearing can perceive about 10 octaves**). Yet our eyes can only see less than one single octave. We can only discern wave-lengths***) of 0.00038 to 0.00075 mm. We are blind to all other wave-lengths.

May I give a general approximate survey of some wave frequencies:

- Sound waves

Hearing range	16 to 20,000 Hz
Ultrasound	above 20,000 Hz

*) *Hertz (abbr. Hz) is the number of vibrations per second*

**) *Octave is the vibration ratio 1:2*

***) *The wave-length is calculated by the wave propagation divided by frequency. (Sound velocity in the air = approx. 335 m/s, speed of light — 185,000 miles/sec)*

- Electro-magnetic waves

Long waves (radio)	50 to 500 Kilohertz*)
Medium waves (radio)	500 to 5000 Kilohertz
Short waves (radio)	5 to 50 Megahertz**)
Ultra-short waves (radio, television)	50 to 500 Megahertz
Microwaves (radar, irradiation etc.)	0.5 to 500 Gigahertz***)
Heat radiation (infra-red)	500 to 400,000 Gigahertz
Visible light	400,000 to 790,000 Gigahertz
Ultra-violet light	790,000 to approx. 100,000,000 Gigahertz

plus subsequent X-rays, gamma and cosmic rays up to a frequency of several billiard Gigahertz.

If we have a good look at this table, we should realize more and more how little of the existing "reality" is truly grasped by our senses. There are spheres of whose existence we have no idea, because some entirely different frequency range prevails … and there we find animal, plant and human life just as well as down here. We should not therefore be at all surprised if such an invisible being from an unknown sphere is able to pass through walls. By now we know that all matter consists of mainly "empty" space; in our material sphere, air, for example is a medium which we can penetrate unimpeded, but we cannot penetrate a concrete wall. It may be that beings from another frequency range would treat a concrete wall just like air.

The next frequency level for the inhabitants of the earth is the astral sphere. Frequencies there are only slightly higher than here. However, the "matter" is already that thin that our (coarse-matter) senses no longer perceive it. And there are numerous other spheres at higher frequency ranges which contain this fine matter. On this our earth, too, there are many beings in existence who live in the astral sphere and are thus invisible to us. We know of mountain and forest goblins and water sprites. Of course, from the point of view of the mountain goblin, the world looks substantially different. Such an astral being can walk through the ground unhindered, it considers it to be air, and will wonder why it is solid ground to us.

Spiritualists sometimes manage to make contact with the astral sphere. But please beware, do not consider the astral sphere on a par with something higher, maybe even "heaven". This is not at all the case. Just as on earth, the astral sphere is full of good and evil beings, and in spiritual sittings it is mostly the evil spirit who is interested in getting into contact with us. They lie quite considerably to us — so beware of spiritualism!

Next let us have a look at our thoughts. Thoughts are quite definite and fine-matter entities. Because of their fine-matter they are invisible to us but we can feel them. The ability to sense thoughts is actually in each one of us. However, in most of us it is either not yet fully developed, or has diminished due to sinful ways of life. Only very few people know that thoughts are "stopping" there and then where they have been "thought". They add up, to build a "mental sphere" there. Good thoughts have higher frequencies than evil ones. Thus not only an atmosphere of matter (our air) surrounds us, but a mental sphere as well which is composed of all our thoughts. The said mental sphere is even polluted much more here on earth than the matter sphere, indeed it is "contaminated"; by way of all those evil, negative thoughts, its frequency is very low. We can all endeavour to raise the frequency by thinking good and positive thoughts. (How to train positive thinking will be dealt with in the next chapters.)

---

*) *One thousand Hertz = 1 Kilohertz*
**) *One million Hertz = 1 Megahertz*
***) *One milliard Hertz = 1 Gigahertz*

In a way, the mental atmosphere can be sensed by each sensible human being. In a church or in a concert hall for example, mainly good (positive) thoughts emanate from the people there; thus a high mental atmosphere can build up. If we enter such a place, we immediately are able to sense a feeling of "elevation". It is different when we enter a pub where only reprobates and other drunks are loafing about. The evil (negative) thoughts which are almost exclusively "thought" there produce a low-frequency mental sphere and the feeling we have then will more likely than not be very base. A mental atmosphere is infectious! Here on earth the momentary low mental frequency is responsible for fights springing up everywhere. (With unstable people the risk of being affected runs especially high!)

Well, our thoughts are fine-matter entities then. Unfortunately, our scientists have not as yet dealt with this phenomenon at great length, because you cannot simply "measure" these forces. They are real nevertheless — but they act on a different frequency level. Did we ever experience a speaker captivating us? A prerequisite would be that we would sympathize with him — that his mental frequency was somewhere near our own — and that he covered a subject the frequency level of which was such, that our mind was receptive to it. Had the speaker been unsympathetic, or had he started a topic which was of absolutely no interest to us whatsoever, he could have tried all sorts of devious ploys on us, we would not have been affected. What does this example teach us? It will tell us that here, too, the rule "birds of a feather flock together" works. Frequencies of the same level draw each other towards one another. This applies to the entire universe. We shall always get to wherever we turn our thoughts. Our mind functions similarly to a radio transmitter and also a receiver at the same time. The frequency we use for transmitting is also used for receiving. If we think in a positive direction, then our brain so to speak transmits on a high frequency. Therefore we also receive on the same wavelength, viz. only positive thoughts can reach us which are roughly at the same frequency level. In such a case we are protected against "lower-type" frequencies.

There is a magnetic force in all our thoughts with which we draw towards us whatever we think. For example, if we carry the ideal of possessing a beautiful house, such a wish will definitely come true sometime … if not in this life, then in the following one. We should, however, pay attention to a very important point: the word-connection of "not negative" does not take a positive effect but also a negative one. Another example: Should a car driver go on thinking, "I am not going to have an accident", he is certainly going to have one soon. Cosmos is filled with the idea "accident" (negative). The connection "no accident" does not turn positive — so negations are ineffective. Why not think positive thoughts as a car driver, such as "I am a safe driver", "Other drivers are nice people" or something like that, and then we are not going to be involved in a car accident unless karmic reasons lead to an accident.

And one more example: A hypochondriac does not wish to be ill and he keeps on thinking just that. Only because he thinks "not ill" all the time, does he contract one disease after another. He should really ban everything to do with illness from his mind and think of health only, he would then be healthy. Man should remember to think about thoughts for a change. Let us try to think only positively. Even when we pray the meaning of our words should be as simple as possible and should not contain any negations. In order to comprehend why this is so, some more details will have to be explained here.

It was mentioned at the beginning that all of us not only possess a mind-consciousness (brains, logic etc.) but also a subconsciousness. The mind-consciousness is by far the most intelligent one — it makes decisions and acts accordingly. But it does not have the ability to remember. This is the responsibility of the subconsciousness. It is a lot less intelligent compared to the mind-consciousness but it can store the data. This data which is continually received via the mind-consciousness, is now carefully stored by the subconsciousness without ever being in a position to decide whether the said information was correct or not. To a certain extent the mind and subconsciousness form a unit which is firmly coupled together. But we are also connected to another consciousness, the super-consciousness. The super-consciousness is an independent human being living in an essentialy higher sphere and which is therefore invisible to us. It is well in advance of our mental development and has undertaken to guide us. In a way it acts as our Guardian Angel. Normally the super-consciousness does not interfere with our lives. We have got our personal freedom and can do as we please. But it does happen occasionally that it helps us in a dangerous situation. We talk of a miracle then. Seen from our point of view, the super-consciousness is the highest or most divine "stage" for us to reach or contact. Our matter sphere does not allow for another possibility for us to directly contact God, our Creator. This is not necessary either since our super-consciousness is God's representative who is competent and responsible for us. From our point of view, the super-consciousness is the same as God because it knows everything in advance and has got terrific power and might. If we pray, it does not matter whether we direct our prayer towards God, Jesus, Allah, Mary or any other higher personality; if it does arrive, then at first it reaches our super-consciousness. Should our prayer really be destined for another higher stage, then our super-consciousness will pass it on. Most of our prayers are not heard by our super-consciousness, however, and there could be a variety of reasons for this. Firstly, we have to take into account that our super-consciousness will not automatically hear us when we speak. Talk in the sphere where it exists is usually by telepathy; this means that thought frequencies are directly received. The conversion of words into thought frequencies is the responsibility of our subconsciousness. As has been mentioned already, the subconsciousness is not very clever. If we utter a wish in our prayer, we have to do so in very simple and clear words. If it gets too complicated, our super-consciousness will not understand all this confusion which is passed on by our subconsciousness. This is one of the reasons why we should not use "no" in negative matters. This would only lead to confusion. If the super-consciousness can understand the request in our prayer, only then will it decide whether or not it will be fulfilled. The super-consciousness will only work for us if our deeds are suited for the Path towards Divine Perfection. There is another reason why our prayers might possibly not arrive. This could happen if we have committed too many evil deeds. The large amount of negative data which our subconsciousness would thus have to take up could lead to a guilt complex and our subconsciousness would suddenly refuse to transfer our words to the super-consciousness. This really happens quite frequently, and the poor human being could say as desperate a prayer as he could think of — all in vain — the contact to his super-consciousness will be blocked until the subconsciousness has conquered this complex by way of better data.

The Church sometimes tells us (even the Bible contains such information) that God is angry with Man on account of his sins. This is not true. God is pure love. He can never be "angry" about anything. Even with our worst sins we cannot sin against our super-consciousness, let alone God. Our sins — as immense as they might be — are nothing more than "errors" for which we have to repent thanks to karma and from which we are able to learn.

At the beginning of this chapter, a couple of translation errors in the Bible were mentioned. By no means should this be taken as a depreciation of the Bible as regards to its potential as an intellectual textbook. On the contrary! Now, as before, the Bible represents the most comprehensive work of intellectual knowledge. The only trouble is that a lot of people tend to make the mistake of putting a meaning into some quotations which do not make sense. For example the story of Adam and Eve and their expulsion from Paradise can only be interpreted symbolically — each individual created by God at first was a pure and sexless mental being. If such a being enters the matter sphere, he would have to take on a matter form and would thus fall under the Law of Matter. Here in the matter sphere nothing is eternal; everything is created, and grows old. We are born and have to die again. In addition to that there are two sexes. Each individual will commit sins in the matter sphere only, which in turn will lead to karma. He learns as he suffers. After many millions of years he will at last have developed enough intelligence so as to recognize his divine Ego. More and more he will long for his divine homeland, and finally he will return aware of the fully developed Man (Christ). The only sense and meaning of our many lives is to become AWARE.

Once Jesus announced that our faith could move mountains. Many people think this is the belief in Jesus and his salvation. But this is wrong! With "belief" Jesus means the spiritual force which is in everyone of us. All of us can "move mountains" if we realize those tremendous mental abilities which are dormant in us at the moment. Jesus as a highly-developed being used these forces to his advantage, healed the sick and even raised people from the dead. All this is not really a miracle because everyone of us possesses these natural forces. We have only got to realize them and train them.

These examples could teach us that the Bible — apart from a few translation errors — is right after all. Unfortunately many people make the mistake of interpreting some quotations too narrow-mindedly or word by word. And sometimes a completely different meaning is behind it all. When we contemplate karma, reincarnation and other laws of nature, many passages of the Bible will present themselves in an entirely new light.

I am sure that most of my readers have but sceptically accepted the parts explained up to now. This does not alter the fact, however, that everything is true. To People of Tomorrow this knowledge will come naturally. All those many religions which we have had for centuries and which we still have, have not really managed to unite mankind. To the contrary, all these different opinions or views have made them fight each other "in the name of God". But there is only one sole and central mental force in the whole of the cosmos which we call GOD, and there is but one Truth. Men should really appreciate this at long last. If we want to find God, we don't have to look for Him outside because He is in all of us. Our innermost core, our SOUL is divine. Soul is unperishable and absolutely pure. Nothing can contaminate Soul. "Heaven art in thou all", Jesus said in His time, and it will reveal itself to each one of us who seeks the truth and lives according to Divine Guidelines.

The Fivefold Path

There are people who say a prayer before taking their meal and before going to bed. They attend church every Sunday, but otherwise they think only of their money, of having fun, and their daily material well-being. These people pray in vain. It all depends on what we actually do, and how we behave towards our fellow men. By means of prayers alone — and even if they are really fervent — we will never reach God. Man who wants to advance his development must try to behave "in a divine way" in everyday life. He might take a Saint as his shining example and try to model his own life accordingly. It is really of no account, whether he makes Buddha, Jesus, Muhammed, or any other person his model. All the saints have, in principle, preached the same, which could be summarized in the sentence, "Love thy neighbour as thyself". Our idol, however, does not do anything for us if we are not prepared to do something for ourselves. This means that we, ourselves, have to work on our ego, namely our character. We should be stern and relentless against ourselves, but all the more tolerant of the mistakes of our fellow beings. If you work on yourself in such a way, you will, without doubt, advance your development. Your mental progress, however, will only be slowly realized. But in this day and age, there is a Christ among us, isn't there? Shortly before the catastrophes that are going to happen — when there is no more time to be lost — the Son of Man has passed onto us the means to advance at a very fast rate. It is the instruction for behaviour in our everyday life and is called the "Fivefold Path". It consists of five disciplines:

AGNIHOTRA = Purification of the atmosphere
DAAN = not to set your heart on material goods
TAPA = self-discipline
KARMA = practise good actions because they are reflected on you
SWADHYAYA = self-study

At the moment AGNIHOTRA is the most important discipline. Because it might appear strange to some people, it will be explained after SWADHYAYA.

So let us start with the second discipline of the Fivefold Path, DAAN. DAAN stands for our willingness to learn and how to obtain the right approach to our materialistic environment. First of all, we should know that we are not going to be happier by means of acquiring worldly goods. Fulfilment of one materialistic wish immediately gives birth to further wishes in our minds. This leads to an endless chain. Let me give an example: We will assume that we are not all wealthy as yet, and have long harboured the wish to own a car. When we have finally achieved this wish, we will be happy about it at first. However, after some time we will want a bigger and better one. All of a sudden, the old one is no longer good enough. We can learn from this, that despite the possession of a car, the same wish (even in an enlarged form) still hovers in our conscience. When we obtain material goods, we therefore will not be happier and more content. Basically speaking, being happy and in possession of worldly goods, have really nothing whatever in common. Man is the happier, the higher his God-consciousness and the more he lives in harmony with nature.

Whether he owns a lot, or a little, is really of secondary importance. However, this does not mean, that we shall look upon everything materialistic as "evil". Our materialistic world, too, has been created by God. It therefore cannot be evil! Mankind should learn to bring it into relationship with life. We may use materialistic things to our hearts content, in order to live as comfortable a life as is possible, on earth. We must, however, be aware of the fact that we cannot take anything with us when we die. So beware of putting your heart into materialistic things. They are neither good nor bad — they are "neutral". If we make them our servant, alright, but if we serve them, then they would have a negative effect on us. A man who causes loss to other people, due to his own greed for money and who exploits them, has not got the right approach to material matter. Love for money or worldly goods (that is for "material matter") governs him. Thus he will obtain bad karma and the material matter would act negatively on him. All the materialistic things are, in a way, only lent to us from the cosmos, we may utilize them for the duration of our presence here on earth, but no more! If we love them too much, or if our thoughts are too closely linked with them, it could be that after our death here on earth, we have to stay with them as astral bodies until they have decayed. This could happen if, for example, someone develops too much love for his house. Then he "may" go on living there for a while after his death. Unfortunately, he cannot do a lot with his astral body. He can get angry with the subsequent tenants, but this might not make any difference to the tenant, and he will possibly dawdle years or centuries away before being allowed to reincarnate again. — For a better understanding, may I mention here that in the cosmos, the lower existences can be recognized from a certain level of frequencies, but not those on a higher level. In other words, we cannot see or hear an astral body but it does exist and would thus see and hear us!

In order to diminish our mental deep roots in material matter, we should practise DAAN. DAAN stands for giving away some of our possessions occasionally. However, we should remember some rules when giving! When giving a donation, we are not allowed to boast of it in front of other people. Our donation should be given in an unselfish way. In the case of any ulterior motive playing a part in it, then DAAN becomes ineffective. DAAN should be practised without much fuss. There is something else, which should be taken into account: The person or institution to whom we give should be "worthy" of such a gift. We should therefore never give a debased person any money. He would only trifle it away and part of his evil karma would then be passed onto us. In such a case, we would only achieve the opposite effect. We must make sure that our donation is really serving a positive purpose.

He who practises DAAN regularly will slowly but surely be able to diminish his deep roots in material matter. Bad times will not be a mental burden at all to such a man, since he does not put his heart in such materialistic things. Since he practises DAAN, he automatically receives the bare necessities from the cosmos, without having to ask for them. Possessions even grow with a DAAN-practising human being, since according to karmic law everything that is given away will return increased.

Most of us will probably think DAAN rather an easy discipline. Almost all the people nowadays possess such a lot, that it would not make any difference to them to give something away, or to donate money, now and then. We should learn, however, that we should not let material matter govern us and that these are only made available to us by the cosmos for the duration of our life on earth.

Our next discipline of the Fivefold Path is TAPA. This simply means “self-discipline”. However, this very discipline is not all that easy to master. In the course of our days, we all get used to a life-style, which we are unable to change completely overnight. Man is a creature of habit. There is a rule, which tells us that our mental ego will return, whatever we have put in first (transmitter … receiver!). Should, for example, somebody get angry about trifles all the time, he will be stuck with this hot temper all the while if he does not do something about it. He could do something, he could practise TAPA. TAPA starts, first of all, with self-criticism. Please be very strict with yourself. Where do we commit our main mistakes? Is there a bad trait of character which would be especially hard to give up? When we have discovered some weak points in ourselves, we should pay special attention to these in our everyday life. — All in all, we should start practising TAPA by performing our tasks as a citizen with meticulous care. We should take care that all our bills are paid to date, and that we are always punctual in our working lives. We have to be exemplary in every respect. It will suffice, at the beginning, to try to be punctual all the time and always to speak the truth. This is easier said than done. “The Truth” in the spiritual sense, means that everything we say really holds true. Should someone say to an acquaintance, “I will see you at ten o’clock”, and leaves in his car, but gets stuck on the motorway and arrives at eleven o’clock, then his sentence, “I will see you at ten o’clock” would be a lie! This might go against the grain of some readers, who would maintain that they are not to blame if they get stuck on a motorway. This is not contradicted: this man really is not responsible himself. However, that does not change the fact that the sentence “I will see you at ten o’clock” did not hold true either, and would thus be a lie. This man would not have lied if he had said to his friend, “I’ll try and see you at ten o’clock” or “If nothing prevents me from doing so, I’ll see you at ten o’clock” etc. It would not have been a lie in this instance. — There might be one or two people who would consider this to be hairsplitting, since here on earth it is not normally usual to take these matters in their strict sense of the word. Well — everybody must do as he pleases, but because of the truth not being respected enough, the words of most of the people do not possess any strength. For there is a cosmic law, which tells us that “to always speak the truth will have the effect of everything which is said, becoming true”. So let us endeavour to speak nothing but the truth! We should weigh our words before uttering them. If we are not sure of a fact, as in the example of the motorway hold-up, we should use words such as ‘perhaps’ or ‘if this is possible’. If we manage to speak nothing but the utmost truth over a long period of time, we will then notice that our words will carry more and more weight. Then everything will really become true as we say it. Jesus only had to tell a lame man, “Get up and walk” and he was able to do so, at once. ‘Always to speak the truth’ is especially difficult in the professional world of today. Little white lies are the order of the day. How often does the shop assistant promise, “The goods will be there by next Tuesday”, knowing full well that it will probably take longer? Or how often does the boss ask the secretary to tell a customer, “Director So and So is not here at the moment”, if he does not want to be disturbed? We should really suppress such lies. A boss, who tells us to lie, is not really a boss. The superiors should set an example, in every respect. Rather, let us proclaim any type of great saint, deep down in our heart as being our real “boss” and let us quietly oppose all instructions which are incompatible with our conscience.

Should we always speak the truth, we will obtain another result, however. We shall be able to distinguish between the true and the untrue things in life. We then immediately sense if we are being lied to. Once again, the combined transmitter and receiver in our consciousness pays off. Should we ourselves lie, other lies would come upon us. With a conscience directed to “Truth” this is impossible. I don’t think it is necessary to explain “punctuality” more at length. For if we always speak the truth, it is evident that we will always be punctual.

Let us continue our TAPA exercises one step further. We will try for one whole hour — and especially in the company of others — to speak nothing but positively. We shall see that this is not all that easy. The thoughts of our fellow men are really rather contagious. This is especially noticeable if we are criticising people, but we should try to hold our tongue all the same. We talk, only if and when we have to say something, and this should then be the truth and in any case should be "positive". If we manage this TAPA exercise for one hour, it will later on present no difficulty to keep it up over a full day. Later on, this state of "positiveness" will become second nature to us.

In the event of noting a success or two, we should not make the mistake of trying to teach other people the same. TAPA means "self-discipline" and this means we improve ourselves! It is not up to the secretary to correct her boss regarding lies. Other people's lies do not concern us in the least. We tolerate them completely and wholly, but we must be less lenient towards our own mistakes. Actually it is nothing to do with us. Due to our positive behaviour, we radiate a positive aura. This means we spread a good and pure mental atmosphere (i.e. high vibrations!) and these are highly contagious to other humans. This is sufficient. Due to our positive atmosphere, the spiritual level in a room is raised, so that other people are swept along with us, and there is no room for evil thoughts. If, after prolonged exercise, our character is controlled in such a way that we do not longer lie, are always punctual and speak nothing but positively, then it will only be a small step to TAPA mastership: we should use our best endeavours to think only positive thoughts. This ideal condition can hardly ever be reached one hundred per cent. However we should try to reach this ideal, as far as possible. In these gloomy times, it is only natural that there is the occasional negative thought. Daily, we are showered with negative ideas, be it in our office, when we switch on the television, or read the newspaper. A lot has been done already, however, if we do not utter our own negative thoughts.

Each of our positive thoughts will help to increase the low frequency range of our mental sphere on our earth today. In order to make the reader aware of the importance of all this, I would now like to explain why in the spiritual sense, there is a fight between "good" and "evil" (positive and negative). There should really be no evil (lower vibration) thoughts because we descend from God, but humans have their own free will and give birth to such evil thoughts … therefore they do exist. If evil thoughts are added together, they can become quite powerful. We then speak of the "negative power" or of the Devil. The negative power, however, does not really have a right to exist, because it is only created by way of the stupdity or wrong (negative) thinking of man. Such wrong thoughts are the order of the day on earth, at the present moment: radio, television, newpapers and magazines, shower us daily with reports covering political violence, terrorism and other problems. Furthermore, we prefer to listen to music of an aggressive nature. The people of today very rarely manage to find something to like or to be happy about. Several of my readers will probably be of the opinion that we should fight this. But how? Maybe by waging a war against "negative existences"? This would be utterly wrong in the spiritual sense, because such a war would only give birth to more aggressions or evil thoughts, which would in turn contaminate the mental sphere even more. Would we even help the negative power in such a case? What can be done then? Here is the answer: The negative power can only be fought if we ignore it and if we send as many loving (positive) thoughts into the atmosphere as possible, in order to increase the vibrations.

The good is victorious simply by being stronger than the evil. Most people on earth, however, share the opinion that they have to strike back when hit by someone. If you do this, you have lost the fight in the spiritual meaning of the word. In order to explain all this fully, I would like to give another example: let us imagine a decent citizen sitting in a restaurant being accosted by a drunk. The amicable citizen gets in such a state about the troublemaker, that he gives him a black eye in the end. Most people will probably think that this is justified. However, this is all wrong, since the evil has been victorious again. Why so? Quite simple: the amicable citizen was having high positive thoughts to start with. But the troublemaker managed to pull him down to his own base level of consciousness. He also achieved in making the other citizen evil. Conclusion: at the start there was one good, one bad … at the end both of them were bad. The troublemaker annoyed the amicable citizen.

He thus created karma for himself. But the other was induced by him to create bad karma for himself by hitting back. Let us look at the same situation, but with a better result: A troublemaker is picking on some peacefully-minded person in a pub. This time he is not thrown off balance. He would even enquire sympathetically why he gas got into such a bad temper and he would invite him for a drink. Confronted with such a lot of goodwill, the troublemaker would soon lose his aggressiveness. In the end, both sit down harmoniously at the same table and the troublemaker simply unburdens his heart to the other. This time the good is victorious, because it is stronger than the evil. The bad-tempered guest cannot get the better of the peaceful powers, and so he has to be peace-loving too, and so there is hardly any karma created then. To sum up: If good is victorious, then the enemy becomes friendly!

Not only will we become better men with our TAPA exercises, we will also fight low-type vibrations in the mental sphere. We are helping all mankind that way and this in turn will bring us good karma, which improves our mental development. Due to the higher mental vibrations whih radiate by way of our positive thoughts, we are also shielded against lower-type influences (transmitter … receiver). We can see that TAPA, not only benefits each individual, but it is a blessing to all of our environment.

The next stage of the Fivefold Path is called KARMA. The reader already knows the meaning of KARMA now: "We shall reap what we sow". As part of the Fivefold Path, KARMA thus means to do good. Basically, the disciplines of DAAN, TAPA and KARMA, strongly resemble one another. This is not so astonishing after all, since they are all based on the same cosmic law. DAAN deals with the materialistic property, TAPA concerns our thoughts, words and the general behaviour, and KARMA concerns our deeds. This all-encompassing cosmic law means: whatever man does or thinks will reflecct on him. However, we should also know that everything will be intensified. If we donate, say £ 25, then we will be able to see that our property has increased by more than those £ 25. We shall be given as we ourselves give. If we take, we shall lose. If we say the truth, we shall learn the truth. This law is universal and suits all our human needs.

"KARMA" is one hundred per cent righteous! We already know that. KARMA is so righteous, it will also include the factor, "What has become of us in the meantime". If we have become a better person in the meantime, then our KARMA of earlier days will not reflect on us to such an extent. Once again, an example: Let us think of a man, who in one of his former lives has made someone a cripple because of his quick temper. According to KARMA, this man will also become "deformed". Let us further assume that this is the time for karmic revenge, then this man would either have a car accident or would be involved in a fight. He would, in any case, suffer bodily injuries. The degree of injury, however, would be determined, by what the man has become, in the meantime. If he has not changed his character, and if he is still the same hothead as before, then KARMA will strike him without mercy. This man will probably have to spend the rest of his life in a wheelchair. In the event of him having improved his ego in the meantime and if he is therefore a better human being, then it could well happen that he might come away from this accident or fight with just a few scratches.

We can see, that there is a possibility of escaping the merciless revenge of our karma, if we join higher spheres. The higher the sphere, the better we are protected from lower influences. Bad karma can never be completely extinguished, and it will reach us in any case; however we can see to it that evil deeds from previous days are punished with leniency if we alter our way of life.

To exercise KARMA means that we should remember during all our works and deeds that all shall reflect on us again! Basically, this discipline is relatively easy. We should learn, too, that this is all for God's sake. We already know by now that every human being is harbouring a divine soul. No human being can exist without such a divine soul. So everyone of us is carrying "a little bit of God" in his heart, and this bit of God can never ever be polluted. Even when man has turned criminal, he still carries the Divine Spark. (Even material matter such as stone, metal etc. is divine. It does not have a soul in its normal sense, but simply compressed cosmic energy.) Should we now do a good deed — for example, giving a suffering creature some money or food to a hungry animal — then we should really do it under the aspect, I am giving it to God. Everything we own, we have really received from the cosmos or God, and if we give something away, then, principally speaking, we are only handing it back to God. If we exercise KARMA under this aspect, our development improves best. We will not then create a karmaic bond with that particular person, to whom we have done a favour. Should we, for example, do someone a big favour only because we like this particular person, and because we know that the cosmos will return it to us one day, then it might be possible that we have to meet the said person once again in a later stage of life because we have created a bond with our thoughts. This is not at all wrong. We have done good and this good will reflect on us. Nevertheless, this could mean a waste of time on our Path Towards God. If we had placed our good deed under the motto, "I am doing it for the sake of God", this delay would not have occured.

Bad karma is a chain, which ties us to our bad deeds and impedes us in our progress. But good karma, too, can possibly act as such a chain, if we have created a bond therewith. We will, at first, have to receive the reward for our good deeds, before we can improve.

So let us train for karma, and always visualize that all beings share a Divine Core, and let us do our good deeds for God alone, and then our mental improvement will advance best.

The fifth stage of the Fivefold Path is called SWADHYAYA and means self-study. With all the other disciplines we were asked to be active; with SWADHYAYA the moment of tranquillity arrives. We are supposed to think about ourselves. For most of my readers, the knowledge explained in this booklet will present enough material to think it over in peace and quiet. We have to realize that we are not our bodies. We are mental energy; our body is but a mortal frame, which we have to leave upon our death. Visualize that we live eternally and that our soul — our innermost core — is divine. Let us contemplate that our sins are really errors, for which we have to repent, and from which we can learn. Let us try to consider our momentary life on earth from a cosmic point of view. We will realize that this is but a tiny moment in the big cosmic event. Let us remember that we possess a headconsciousness, which guides and supervises us in our mental improvement. Let us also visualize, that everything we can recognize around us, is really almost completely empty space. — If we reconsider all this information we should sit down very quietly and we should direct our consciousness inward. "Heaven is in thyself", Jesus has said. Let us concentrate on our divine soul. It is absolutely pure and everlasting, omniscient. This will give us the answer to our question as to whether all these points are true.

We all have a sixth sense, which could best be defined with "intuition". Due to their wrong way of thinking, this, unfortunately, has completely deteriorated in most men over the past years. Nowadays, everything is explored by mind and logic. However, God is beyond all this. God can be "felt" but never grasped, or grasped with our intellect. Should we exercise all five disciplines of the Fivefold path with diligence, our senses will again become sensitive in the long run, and after a certain time we shall be in a position to grasp many things "by intuition". Intuition lies outside our brains. In a moment of danger we automatically and intuitively do the right thing without prior 'thinking'. We sense by intuition that somebody lies to us, by intuition we drive a different route by car, although we cannot know that the other road is blocked. God, too, can only be grasped by intuition, but we have to 'switch ourselves off' beforehand, and have to stay completely quiet. This phase of quiet or "holding inner commune with oneself" is just as important for us as all the other activities in our everyday life. The negative powers, however, try with all their might to prevent this state of inner commune with ourselves. They offer television, stereo, video and other "attractions" so that we are always distracted and stay active. However, we should not be tempted by it all.

Let us practice SWADHYAYA by making it a habit to contemplate at least once a day, in complete peace and quiet by "ourselves". In time we shall be able to recognize that we are all descendants of God and that we are responsible for all our deeds to Him alone.

SWADHYAYA is also practised during meditation. Meditation means something like "being mentally absorbed in". Well, let us try for just five minutes. We will soon realize that it is almost impossible to sit there and think of nothing whatsoever. The more we try to be quiet, the more thoughts race through our minds. This is why we need a means to outwit our shrewd brain. This can be done with a "certain technique of thought". Before dealing with these techniques, however, we should at first realize the effect of meditation and why it is so very important. We all know that there are two different natural stages of consciousness in us all: 'to be awake' and 'to sleep'. Being awake means a 'conscious' state, being asleep a 'subconscious' one. Several years ago, our scientists discovered that there are two different phases of sleep, the deep sleep and the so-called REM phase. During the REM phase we dream and we sleep less deeply. Normally we reach this phase three to six times a night. In between, we once again sink into a deep and dreamless sleep. During such a REM - or dream phase, our mental and spiritual tensions are automatically removed. If a human being is prevented from dreaming, severe neurotic tensions are built up, which might even lead to madness. Dreams are thus very important indeed. However, only a few people are aware that there are two different stages of being awake, too. One of them is the normal state of awakeness and the other is meditation. During such a meditation a human being is fully conscious (and not in the state of 'not being with us' as so many people erroneously believe). Under certain circumstances, this could lead to an essentially deeper state of restfulness than during deep sleep. Nevertheless, you are 'fully aware' all the time, not only are you wide awake, but really wider than awake! In such a conscious deep peace of mind, we are very near to God. Why is this so? We could illustrate this once again by way of a little comparison:

Our consciousness is like a lake and on the bottom of the said lake, there rests our divine soul. Our consciousness, however, houses continuous turmoil … one thought is chased by another … This would produce waves on the surface of our lake. Only if and when we let peace enter our consciousness, are these waves smoothed and we can look deep down to the ground of our souls. This would be 'meditation' metaphorically speaking.

These days you can hear a lot about "transcendental meditation". Some of us might therefore ask, which type of meditation is good or bad. The answer is that any type of meditation is good for you. With transcendental meditation a condition is aimed at, where all thoughts stop; other kinds of meditation concentrate on just one thought alone — either God, a sound from cosmos or something else of a higher sphere. Vivid thoughts, however, stop in any case and peace enters our consciousness.

As long as we live, there is a continual stream of cosmic life energy passing through all of us. In this hectic day and age, many people suffering from stress, however, have built up an 'anti-field of force' in their consciousness — without intending this at all, which impedes the cosmic energy flow. Subsequent results are nervousness, sleeplessness and general irritabilty. Meditation presents us with the best of all antidotes. If we manage to really shut off everything in our thoughts, the cosmic forces move freely and can bring order into our lives. So let us really try and meditate. It is all very simple …

At first we should sit down. It does not matter where or how. We should sit upright, however, and not hunched. Nevertheless, we should look for a comfortable posture. If we are uncomfortably seated, something bothers us and will distract us from meditation and this should not be the case. If you are supple, yoy may meditate in a cross-legged position or the lotus position. These positions are highly favourable, but it is a prerequisite to be able to sit like this untroubled throughout meditation. (We should not try to meditate when lying down, because more likely than not we would fall asleep and this would not be the purpose of our exercise!) — In the following, I would like to describe a relatively simple meditation technique, whih could be called the "passive" way. There are "active" techniques, too, which call for concentration. They could present certain dangers, however, and this is why we should refrain from them here. With the technique described in detail as follows, there is no way of doing anything wrong at all. It is passive, meaning "our mental abilities" are forced to "let go" for once. It is thus achieved, and our willpower (which is really responsible for all the stress accumulated) will be lessened for a while or will be completely cut off, so that cosmic energy can freely enter us and normalize everything once again. In order to make our mental abilities stop our thoughts from whirling around, we shall utilize a Mantra which we shall endeavour to think of at regular intervals. A Mantra is a word or a sequence of words having a high mental frequency. There are short Mantras such as the word "OM" (or "AUM" from which our 'amen' was taken in later days), and there are also endless ones which sound like a poem. A Mantra clearly defines the sequence of words and the rhythm of speech. In a way they are sung. We might as well call them 'super prayers', since they radiate higher vibrations than 'normal' prayers and thus possess more strength. I have just happened to mention this incidentally.

For meditation, it is best to use a short Mantra. If we did decide on "OM", we would then sit down, close our eyes and start to think "OM ... OM" at regular intervals. It is important not to concentrate our willpower on this "OM". On the contrary, the state we really want to achieve is one where our willpower is completely cut off, so that the cosmic energy of life can take effect in us. Therefore the main rule when meditating is to do it easily and lightly. If we try to think this word "OM" time and again, in a very short time, the unavoidable will happen: our thoughts will 'wander'.

We catch ourselves thinking about all sorts of things instead of our Mantra, but this is completely normal. We need not reject these thoughts — they must come! When we are aware of having 'lost' our Mantra, we may return with our thoughts at leisure (and without despair) and start anew thinking "OM...OM...OM" until our thoughts have once again turned elsewhere — and once more the 'aha' effect of us noticing it will happen so that we can start anew with our Mantra. This is how our "thought technique" works for a while. Soon we will realize that our thoughts have quietened down. At the beginning, our thoughts would perhaps deviate after each third OM, later on this will only happen after each tenth or twelfth OM. Having progressed, the Mantra is automatically thought in a slower and quieter way. We become ever-quieter, and our thoughts are reduced to such an extent of finally stopping them almost completely. Since the working of the mind and breathing are in a close relationship with each other, we would then breathe very slowly too. It is quite normal to breathe just three to four times per minute. — To end our meditation we simply stop thinking the Mantra. However let us stay seated for a while, and get up only after another two minutes or so. Our circulation requires a gradual transition from deep peace to normal activity. If you jump up too suddenly, you may damage your health, so beware! You can meditate any time, night and day, with 15 to 20 minutes in the morning and in the evening, being recommended.

If people have started to meditate regularly, they often complain after a certain period of time, that they do not get down to peace and quiet as easily as at the beginning, thought activities having increased rather than reduced. This is quite normal, and I would like to explain the reason. During meditation, similar things go on as during sleep, the only difference being that we experience it "consciously". The reader has already been informed that during the REM phase we are dreaming, and that during this dream phase the built-up tension of the day is removed. In this instance, dreaming is nothing but a balancing process, during which something relaxes in our consciousness. If something does "relax", however, some kind of activity must take place. Well, the same is happening during our meditation, the only difference being that we experience it consciously. If tension is removed, our thoughts tend to wander. If there is no such thing as "wandering" taking place, nothing happens. That is why it is really important that thoughts should crop up now and then during meditation. Since we are always guiding our mind back to the high-vibration Mantra, then our thoughts can dissolve gently in the atmosphere. In a sense, we are dreaming with an awake consciousness during meditation, and thus can remove as much stress as during our sleep. People meditating regularly will note that there is activity of thought on one day, and periods of complete stillness on other days. This is both good and quite normal. May I point out that almost always after the first few weeks of practiced meditation, a certain mental oversensibility will arise. It could happen that the smallest of sounds makes us jump. This effect will soon be lost, however, and later on, even the biggest noise, will not make us lose our control.

Let us recapitulate our meditation technique once again: We sit down comfortably but erect, and try to repeatedly think a Mantra. We will then be unable to prevent our thoughts from deviating after a certain period of time. As we notice that our thoughts are somewhere else, we will return to our Mantra once again and start anew. It is that easy! It will be even simpler if we are able to hear the cosmic OM sound directly. This cosmic sound OM can be heard in the entire universe. We could try to hear it by concentrating on the inner head. At the beginning we will hear a very quiet, but high and fine singing or humming. It is a conglomerate of several hundred sounds starting at 12 Kilohertz and continuing upwards. This sound seems to grow louder during meditation. Persons at a higher consciousness stage sometimes hear this sound with such an intensity that it drowns all other sounds from outside. — For meditation we could also concentrate on this cosmic sound and listen to it instead of thinking a Mantra all the time. The same will happen again: our thoughts will wander. If we notice this, here, too, we will return in our thoughts to the cosmic OM sound and listen anew. The technique therefore is the same in both instances.

SWADHYAYA is the pause of rest in our daily routine. This discipline is very important. When we are meditating, we try to disconnect our willpower and to surrender completely to the cosmic powers. We are now inactive and "humble". During this phase of rest our senses are sensitized, our intuition is awakened, and by and by we obtain cosmic knowledge.

If the discipline of DAAN, TAPA, KARMA and SWADHYAYA, have been practiced conscientiously, you will be an entirely different human being after a while. You will soon notice that a new awareness of life has been aroused in you. You will always be kind, since you are unable to grudge other people, because you see God in them. You will overlook their faults. You will radiate a positive aura, which will automatically influence your fellow men also. They can then nothing but be kind and friendly towards you, as you have been towards them.

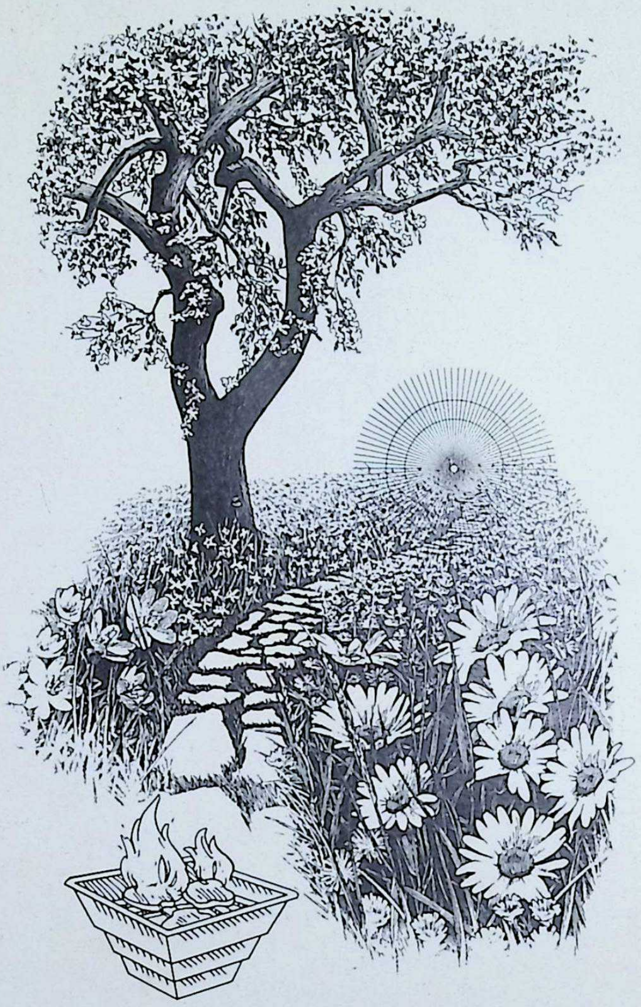
To be continued

Bharatiya
Satsang

पुस्तकालय
गुरुकुल कांगड़ी विश्वविद्यालय
हरिद्वार

APRIL – MAY 1987 NEW ERA 44 VOL. VII NO. 11 & 12

THE KINGDOM OF HEAVEN IS NEAR AT HAND



Agnihotra, a biorhythmic fire performed at sunrise and sunset, gives nutrients to plant life and restores harmony to the disturbed environment.

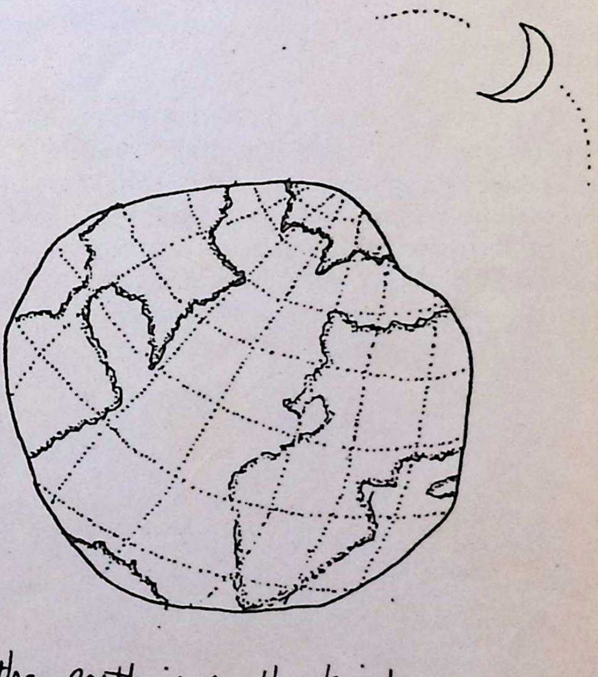
Bharatiya
Satsang

APRIL - MAY 1987 NEW ERA 44 VOL. VII NO. 11 & 12

Doomsday? It's Imminent, But We Have a Solution

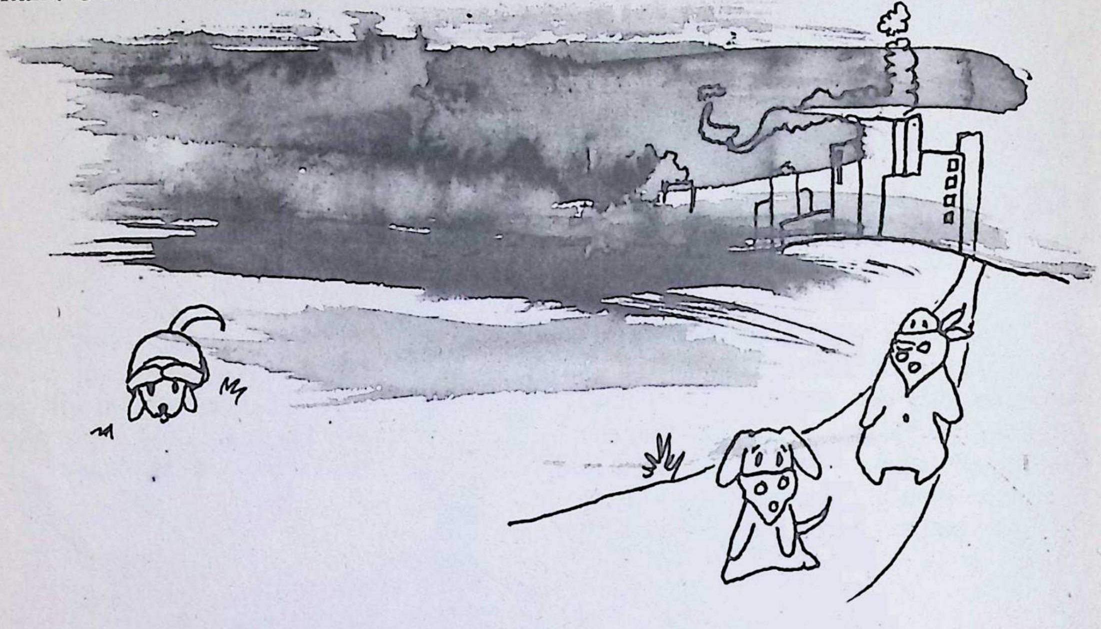
The end is near. Total destruction of the planet is imminent. This can be stopped. It is not too late. Listen now. *Agnihotra* produces an electrifying effect on the atmosphere. Now is that time told in Bible. Nation rises against nation. Floods, famine, earthquakes. This is that time.

The world is on the brink of disaster. However this destruction will be averted by Grace. That destruction will never be reached. There are only a few who know this. All Grace. Om Halleluja.

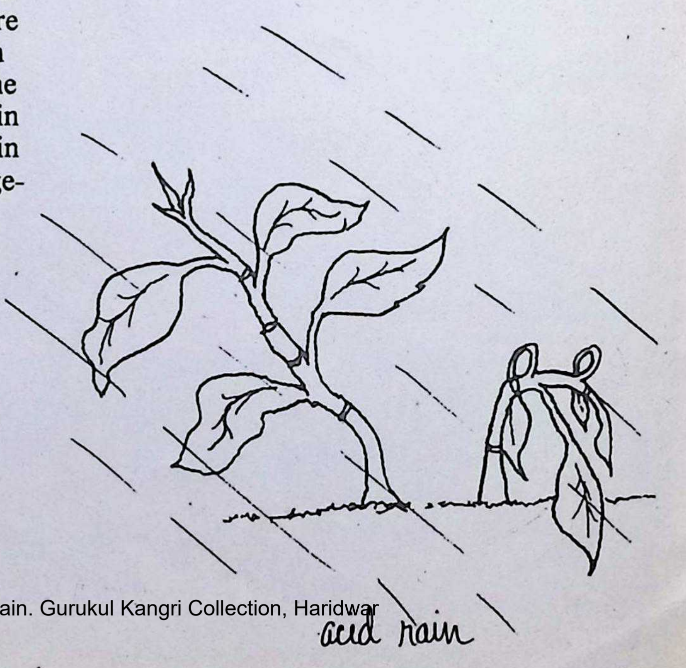


the earth is on the brink of disaster

The air we breathe is all contaminated. Plant and animal kingdom are suffering. Whole species are disappearing from the planet. The age of destruction is here. All people feel the burden of atmosphere polluted by fumes, disturbances in our nature and man's excessive lust and greed. In larger cities the crime rate is exorbitant. Governments calculate the risk.



You can begin to see a pattern of what is happening to the earth. The cycles are flipflopping. When there should be rain there will be no rain. When we need the rain it will come late like it is now. The rain that comes is also no good. It is acid rain that will destroy the earth in which vegetables grow and plants thrive.

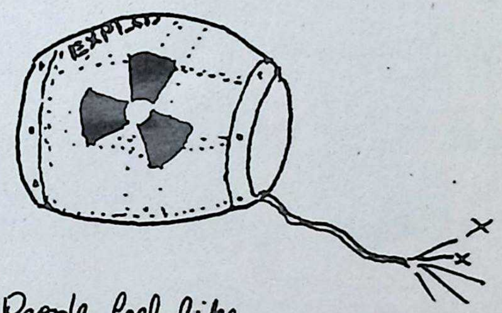


Water resources on the planet are drying up in some areas, flooding in others. The vapors carry filth into the atmosphere and the load of tension plays heavier on all minds now.

Only way out is ancient science of *Yajnya* which is now taught as *Homa Therapy. Agnihotra* is the basic *Homa* tuned to the biorhythm of sunrise, sunset.

When *Agnihotra* is done a tremendous amount of nutrients and fragrance are injected into the atmosphere. This is what will make our planet whole again.

Seepage begins from some nuclear reactors and some nuclear waste disposal systems soon. It causes panic. People feel like they are living on a keg of dynamite in these places. People become angry with the scientists for what they have done, for their lack of thoroughness when they began experimenting with radioactive materials, in looking to the ramifications of misusing such power or creating such a powerful menace. They will be hard-pressed for solutions. They will work diligently, relentlessly for answer. *We have the answer.* The answer is *Agnihotra Homa* and the revealed knowledge Shree chooses to give through us. Everyone will have to become a Yogi to survive.



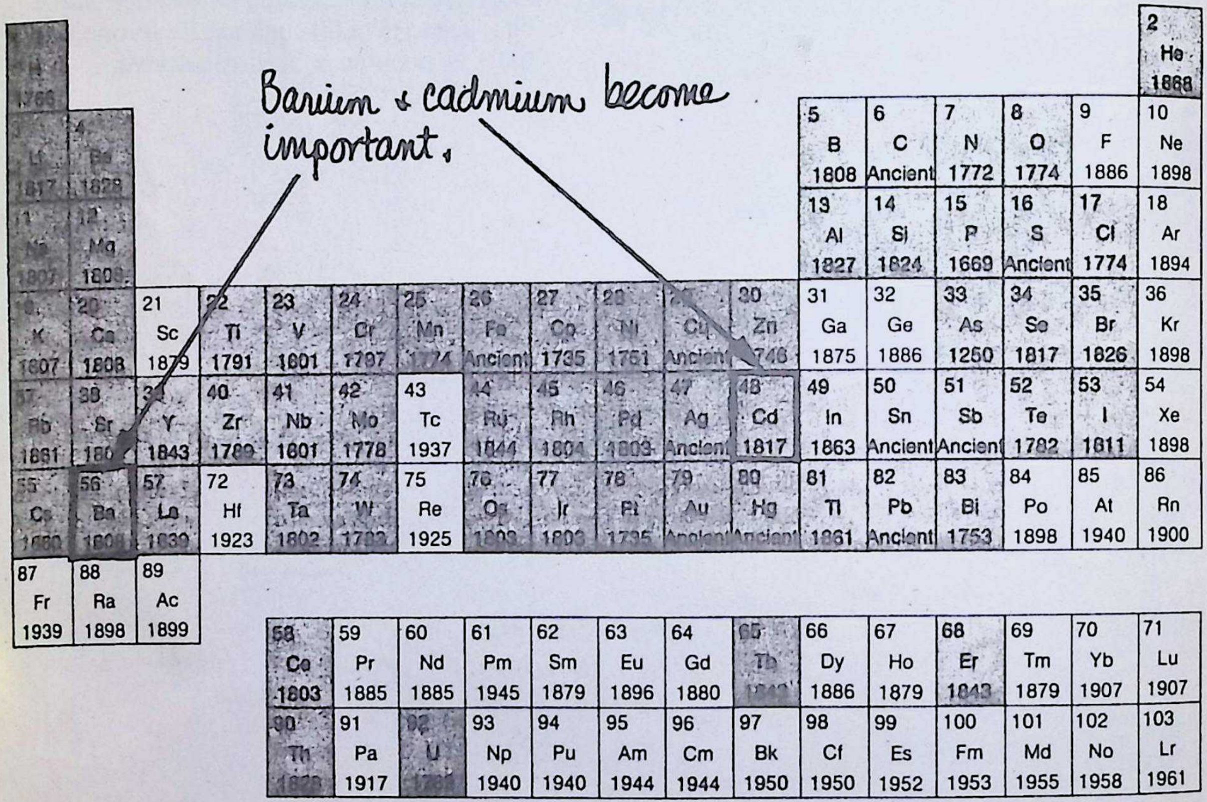
People feel like
they are living on
a keg of dynamite
in some places

People near Chernobyl will now get sores that begin to ooze. This will create panic in Russia. Much pressure will be put on the scientists and the medical profession to come up with solutions. *They have no way out but to come to us.*

People will be mysteriously poisoned by iodine in Russia.

Barium and Cadmium play a role now.

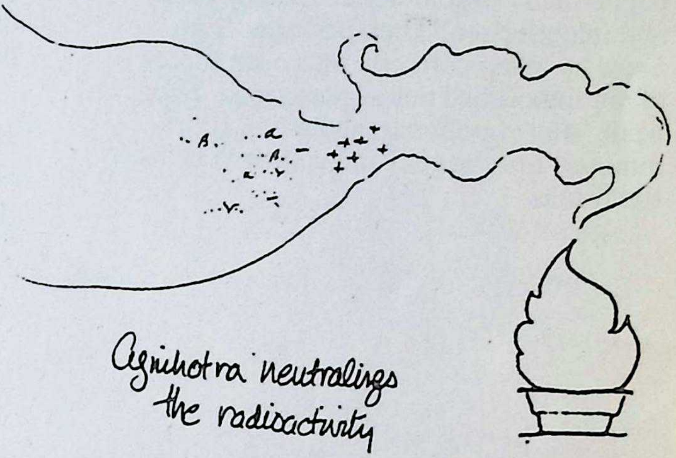
The Periodic Table and Electronic Configuration


Barium & cadmium become important.

[illegible] H 1766																	2 He 1868
[illegible] Li 1817	4 Be 1828											5 B 1808	6 C Ancient	7 N 1772	8 O 1774	9 F 1886	10 Ne 1898
11 Na 1807	12 Mg 1808											13 Al 1827	14 Si 1824	15 P 1669	16 S Ancient	17 Cl 1774	18 Ar 1894
[illegible] K 1807	20 Ca 1808	21 Sc 1879	22 Ti 1791	23 V 1801	24 Cr 1797	25 Mn 1774	26 Fe Ancient	27 Co 1735	28 Ni 1751	29 Cu Ancient	30 Zn 1746	31 Ga 1875	32 Ge 1886	33 As 1250	34 Se 1817	35 Br 1826	36 Kr 1898
37 Rb 1861	38 Sr 1808	39 Y 1843	40 Zr 1789	41 Nb 1801	42 Mo 1778	43 Tc 1937	44 Ru 1844	45 Rh 1804	46 Pd 1803	47 Ag Ancient	48 Cd 1817	49 In 1863	50 Sn Ancient	51 Sb Ancient	52 Te 1782	53 I 1811	54 Xe 1898
55 Cs 1860	56 Ba 1808	57 La 1839	72 Hf 1923	73 Ta 1802	74 W 1783	75 Re 1925	76 Os 1803	77 Ir 1803	78 Pt 1735	79 Au Ancient	80 Hg Ancient	81 Tl 1861	82 Pb Ancient	83 Bi 1753	84 Po 1898	85 At 1940	86 Rn 1900
87 Fr 1939	88 Ra 1898	89 Ac 1899															

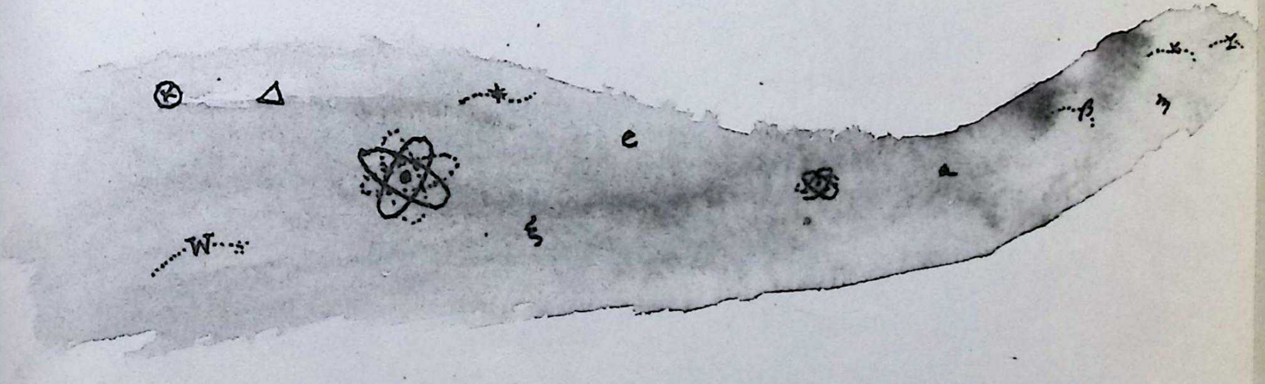
58 Ce 1803	59 Pr 1885	60 Nd 1885	61 Pm 1945	62 Sm 1879	63 Eu 1896	64 Gd 1880	65 Tb 1843	66 Dy 1886	67 Ho 1879	68 Er 1843	69 Tm 1879	70 Yb 1907	71 Lu 1907
90 Th 1828	91 Pa 1917	92 U 1789	93 Np 1940	94 Pu 1940	95 Am 1944	96 Cm 1944	97 Bk 1950	98 Cf 1950	99 Es 1952	100 Fm 1953	101 Md 1955	102 No 1958	103 Lr 1961

What happens when Agnihotra is performed? The smoke that comes gathers particles of radiation that is harmful radiation in the atmosphere and neutralizes the effects of them on a very subtle level. Nothing is destroyed, merely changed.



Agnihotra neutralizes the radioactivity

The power of life comes from the *Agnihotra* fire. Just at that time (exact moment of sunrise/sunset), in that time-band, there is so much power coming from the *Agnihotra* Pyramid that it can change the structure and formation of all the atoms, that is, all the substance, stuff, call it, that makes up the Universe.



Agnihotra can change the structure & formation of the atoms, that is, the "stuff" of the Universe.

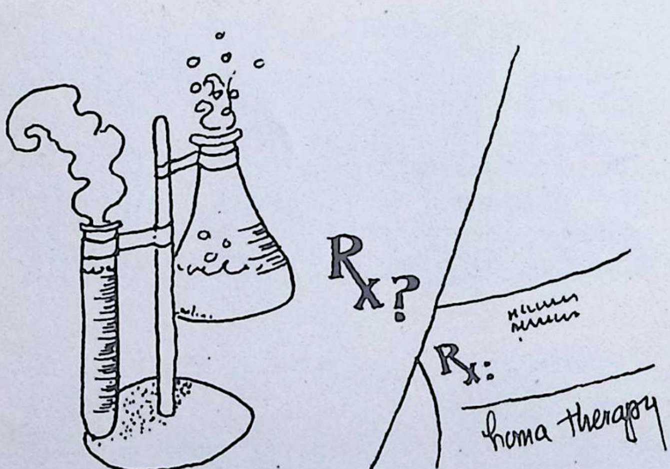
Nowadays healing power of gold or copper has become less. Today it is difficult to make cheese in copper vessels. Some years ago it was easy.

We suggest the following experiment:

Place a piece of gold and a piece of copper in front of the *Agnihotra* pyramid prior to performing *Agnihotra*. Test the copper and the gold before this for purity and imperfection. Then perform *Agnihotra* by using correctly unbroken pieces of raw unpolished rice as prescribed. Then again after *Agnihotra* meditation (thirty minutes) test the gold and copper. Tell us the results.

Certain medical advances will be made shortly particularly in cancer treatment and AIDS treatment. However new baffling diseases will be turning up all over the world in the next couple of years. It is like a race and the odds are against us.

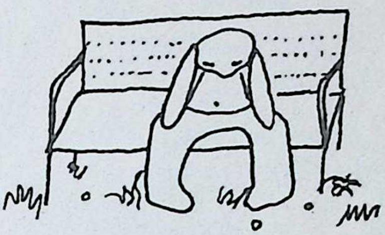
Scientists are finding now more so called 'hidden' diseases for which there are no cures or cures that have ceased to be effective in combating the disease. Now is the time to show how *Agnihotra Homa* atmosphere heals.



new diseases: the medical profession doesn't know what to do

Despondency is the sign of present times. Youth is more despondent. Everyone is crowding psychiatrists' offices. No one gets full relief. We must train the mind to outside circumstances at the same time we are practicing *Agnihotra,* the basic *Homa Therapy,* to clear the atmosphere of harmful pollutants and to aid in reduction of our own desires.

We are nearly at the time when distress will be the normal condition of most families.

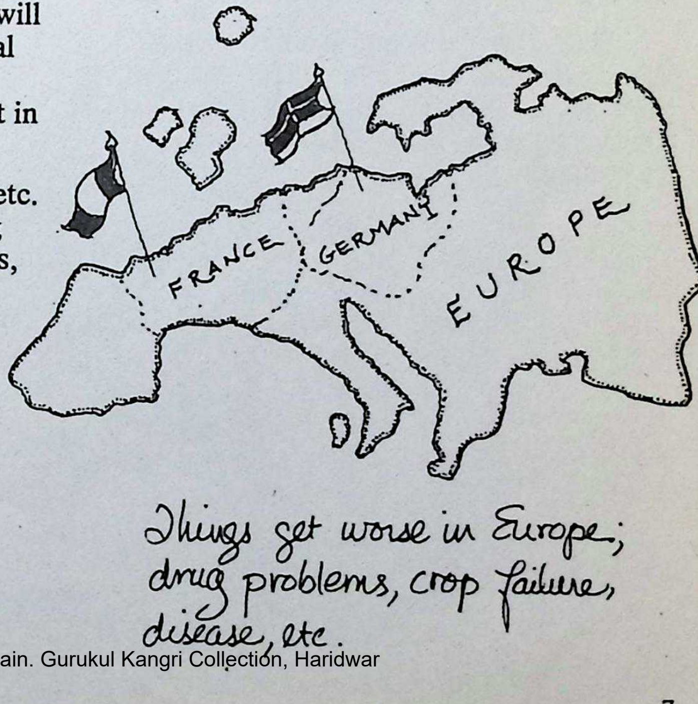


despondency becomes widespread

Now the whole of Europe becomes so much worse. More and more violence, drug abuse, etc. People have a romanticized view of European countries. It is far different now than ten years ago.

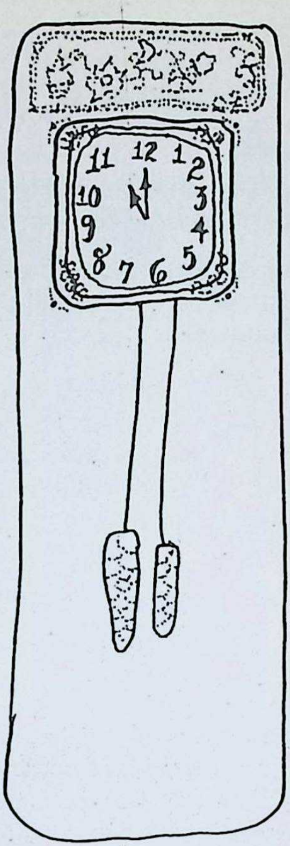
In Germany things will be very bad in certain areas. Now use of drugs is very widespread all over Germany. There will be disease, crop loss and other natural disasters. Why? Law of Karma. Still many *Homa Therapy* places will start in Germany.

Same in France. A lot of disease etc. People will come to the cities seeking refuge from hunger and disease, chaos, crime. This is happening everywhere.



Things get worse in Europe; drug problems, crop failure, disease, etc.

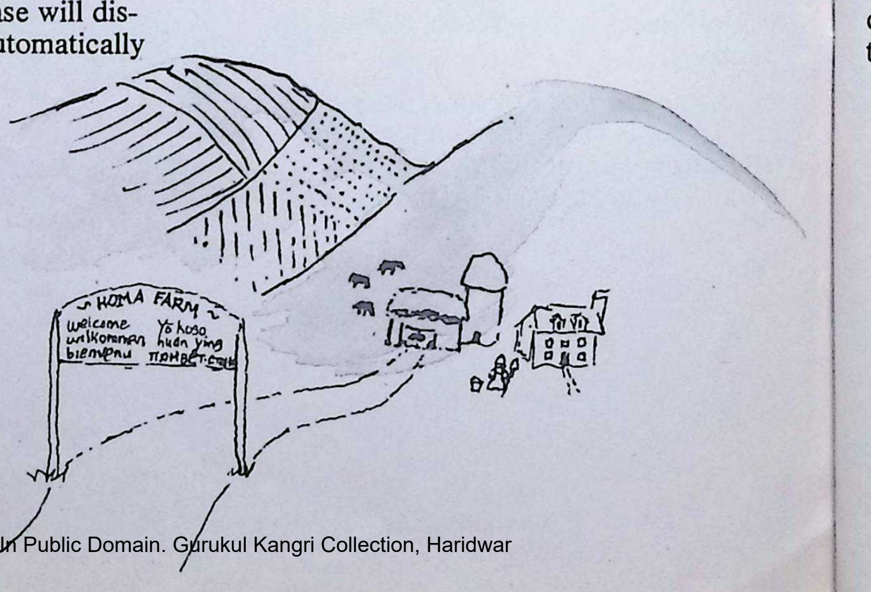
All around the world people are shocked at the disease, strife, wars and natural disasters. *Now the effects of Agnihotra become magnified.* By practice of this ancient Vedic science we are resetting the clock, nature's clock.



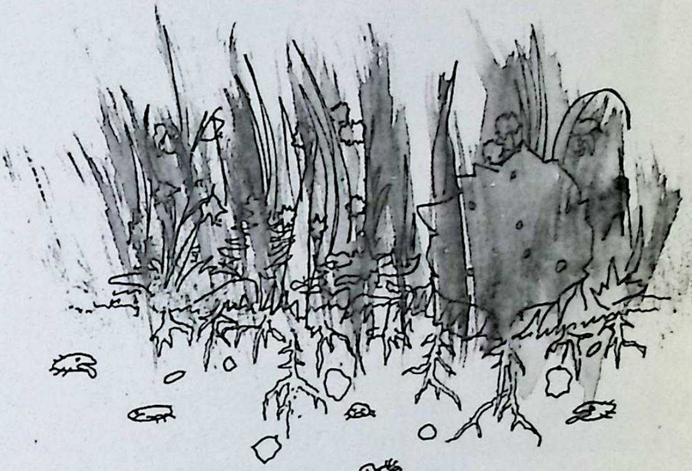
Look at the dilemma in U.S. for the farmer. Now he finds he can not grow the same vegetables, grains and fruit which years ago were in great abundance. This year starts the difficulties. The drought is only one thing, small thing actually.

Other countries are experiencing those same frightful conditions now. Not only U.S. In other countries it is doubly bad because these are poor people, many farmers. It will affect everyone.

That is why it is important to set up *Homa farms* all around the planet where crops will be plentiful; disease will disappear and things will be automatically set in harmony.

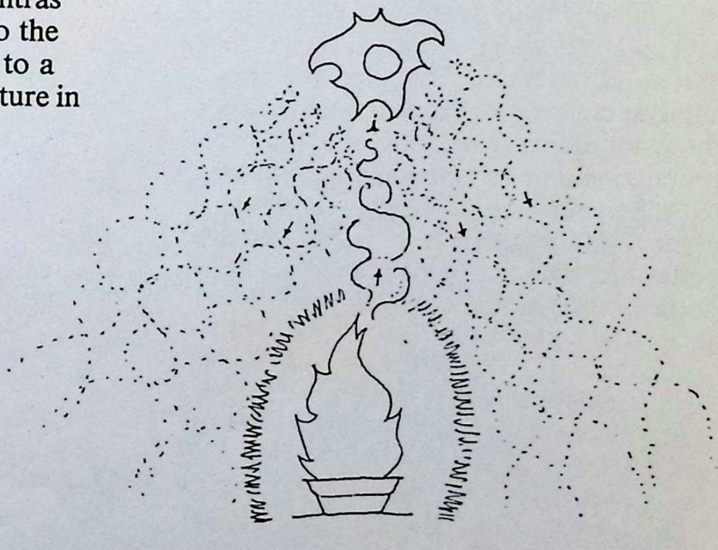


Microorganisms are rapidly dying in the soil. There will be just no food to eat unless there is some *Yajnya (Homa)* atmosphere. *Agnihotra* is the basic *Homa.* Science of *Agnihotra* is the only way to save the world now.



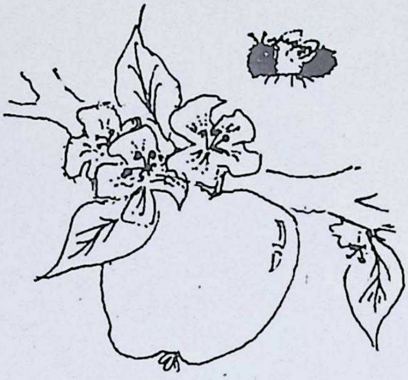
microorganisms dying in the soil

When Agnihotra is performed there is a turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulence leads to a quick upheaval of the nutrient structure in the area.



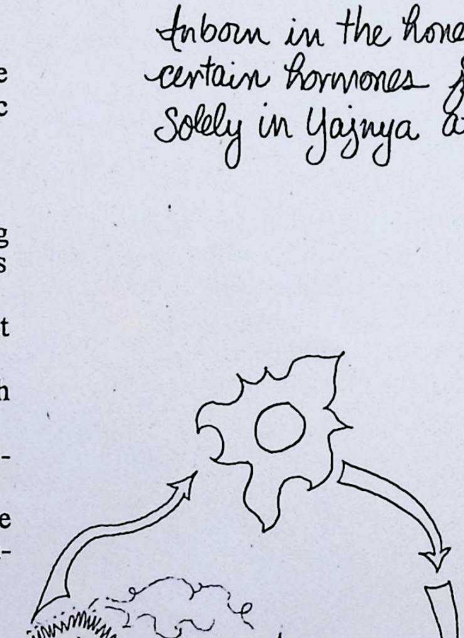
a flood of ethers + electricites
from the solar range at
the moment of Agnihotra

Inborn in the honey bee are certain hormones that are produced solely in *Yajnya* atmosphere. So it is a foreign subject to anything science has encountered so far in this respect. These hormones help the nutritional levels yielded in vegetables and fruit to yield at much increased rates.



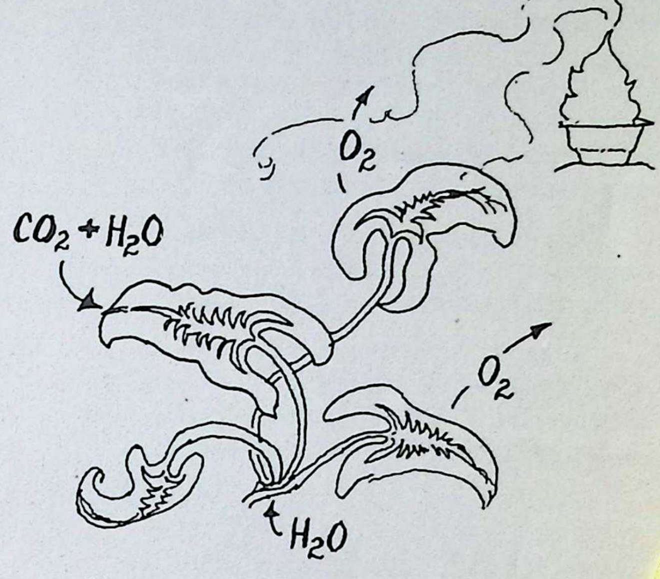
Inborn in the honeybee are certain hormones produced Solely in Yajnya atmosphere.

In Agnihotra atmosphere the metabolic process of plants is sped up. It is the clarified butter (ghee) that is the catalytic factor and on a more subtle level the Mantras interacting with the combined effect of the burnt ghee and rice. This combination enters the soil after returning from the solar range. It enters the plants by, one might say, attaching itself to minerals and water absorbed by the root system of the plant. The ghee acts as a catalyst creating a chemical reaction with the plant aiding in enzyme and vitamin production and encouraging and increasing the cyclic rate. In other words the plants mature faster, taste better and are better just by mere performance of Agnihotra in the garden.



Agnihotra speeds up the metabolic process of plants

When *Homa* is done in the garden or under a tree the effect of the smoke first goes to the leaves. The smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can easily be shown to someone by a botanist who may choose to study the subject.



The smoke from Homa fire acts as a catalyst for the generation of chlorophyll.

yajnya helps plants manufacture a protective coating

If a *Yajnya* is going on around the clock in proximity to a garden, that in itself is an effective aid to insect control. The atmosphere becomes saturated with ghee and the plants are able to manufacture a protective coating due to a special chemical combination in their chemical make-up interacting with the ghee absorbed by the plants by breathing. The *Yajnya* atmosphere also creates something intangible that permits this situation to occur which is based on the vibrational content of the atmosphere due to the Mantras going on all the time.

Electronic computers can analyze certain brain functions now never before recorded. Much of scientific development points to several new fields of research and the analysis of man on a subhuman level. All this, the scientist will now translate into simple language and come up with what basically all religions have sought to explain all along. The matter of man's spiritual existence is not to be questioned, rather of his makeup as a multisensed organism which can be proven by scientific experimentation.

We do not wish to delve into areas of spirituality or psychology. Our field of reference is scientific only and totally.

What we are witnessing is the Divine Unfoldment of Grace in this New Age. Science and Religion become one. It is a fusion of the intellect and the Divine.

All the one Truth. Morning, evening sacrifice *(Agnihotra)* as told before. Daniel (Daniel 8:26), Bible, Quran, Vedas, Mystic prophets, Upanishads. All truths are one. Fivefold the One Path.
truths are one. Fivefold the One Path.

Now more religious leaders are becoming interested in *Agnihotra*. What is it? Where does this fire come from? Actually, it has its roots in all ancient religions. Science and religion became fused together.

We are travelling in this Jet Age and we are moving faster and with more vigor as these are our last days.

We are running a race against time. Now so many disasters will take place. We are moving throughout the world at such great speed. So much has been done.

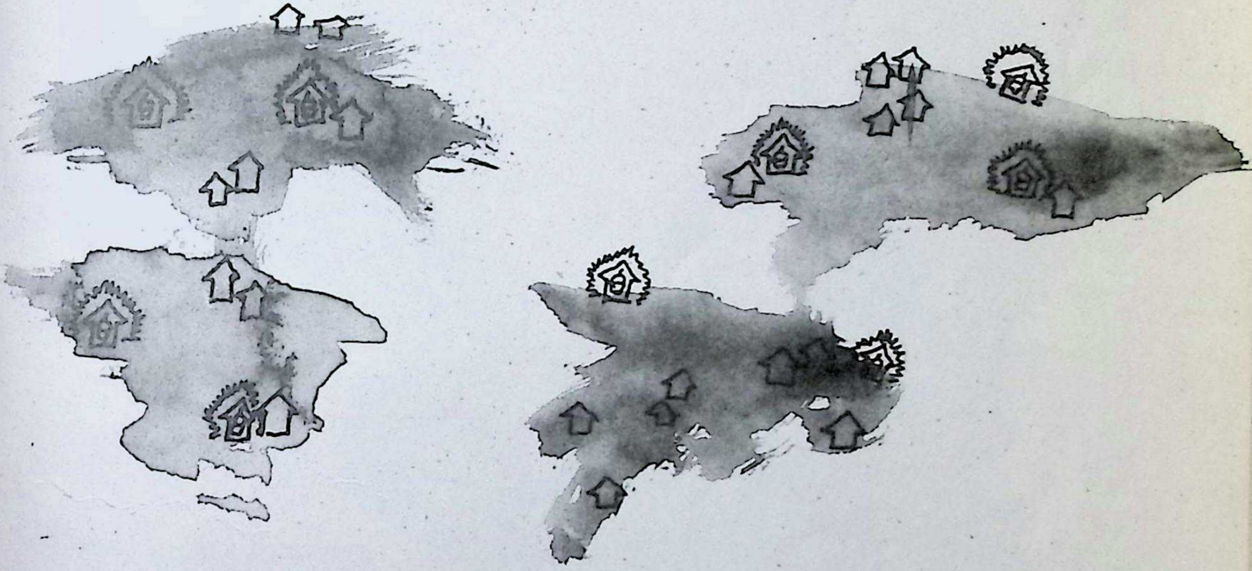
We come from the West with the teachings of Fivefold Path as given in Vedas. *Agnihotra* is the basic *Yajnya (Homa). Yajnya is ancient Vedic science. It is not worship. It is not affiliated with any sect, religion, race, creed or denomination. Agnihotra* goes all over the world to all people high or low.

We do not wish to convince anyone of our power or the effectiveness of the path we teach. If those of you who doubt us wish for an answer, you will have to find it elsewhere. This means if there are doubts in the mind our answer is the same. We do not wish to convince you or reassure you that what we are or what we say is truth. Your doubts you have to find an answer to and then make decision based on what you find to be truth.

We have come for deliverance from evil and for freedom from evil, for *total love* as embodied in teachings of Fivefold Path. Our duty is to teach these all over the world.

The time has come when people will go either way. Attitude is "If you want *Agnihotra* take it. If not, leave it". We do not need to actively recruit anyone. People are sent to us now automatically.

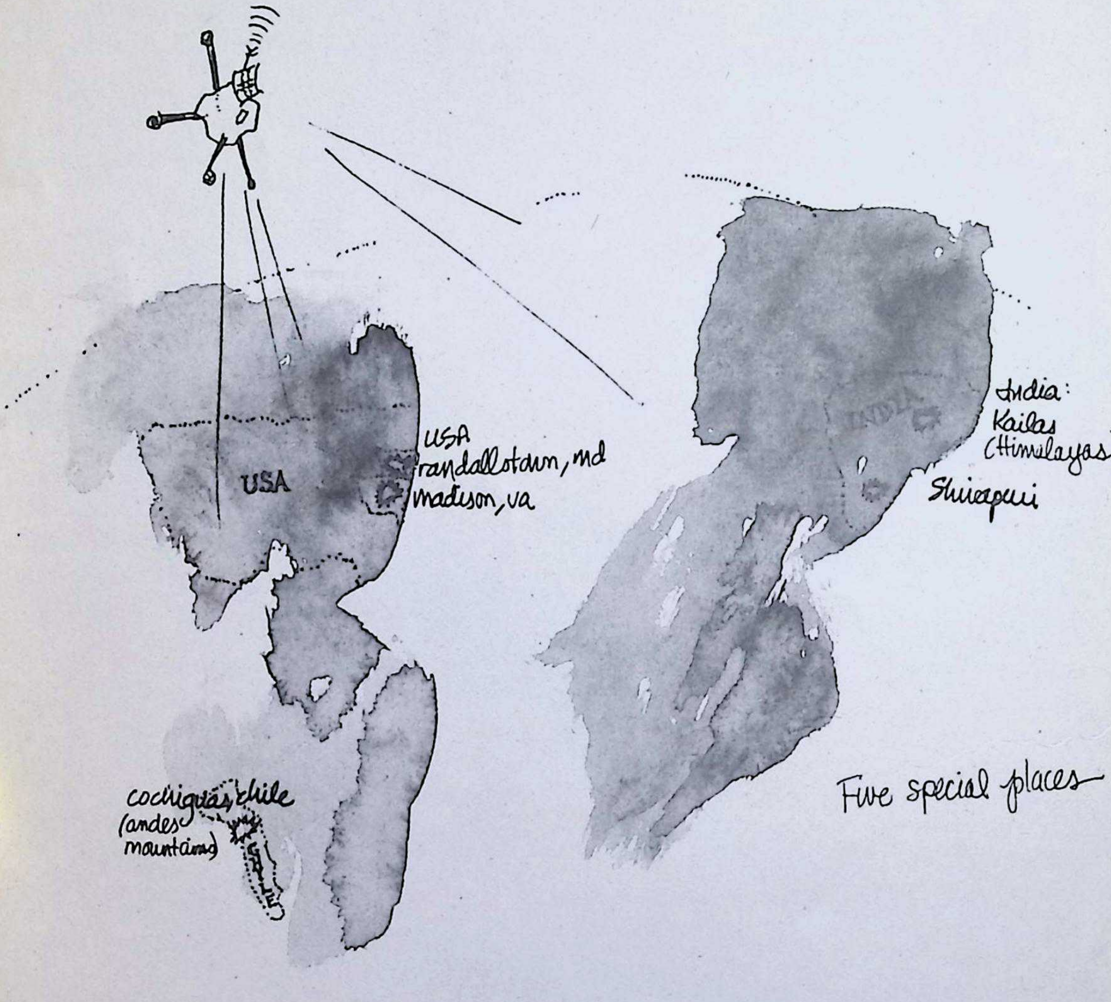
Destruction has begun. However, let me tell you, exactly the opposite will be taking place in many homes across the world where *Homa* is being performed. Far from the misery found in the street and in the homes of many, now you will find more *peace,* more *harmony* in homes where this healing fire is burnt. Clearly it becomes then our responsibility to lift those from their misery into the *bliss* that can be. *It can be no hocus pocus.* No magic wand. No magician here. Really we are on the eve of destruction. After this cleansing we witness a new era, Paradise on earth.



Homa Therapy brings harmony to homes
across the world

If one of the nations with the capability to take a photo from space of the earth they will find easily, if they know what to look for, five energy points.

Madison, Virginia
Shivapuri, Akalkot, India
Randallstown, Maryland
Cochiguas in Andes
Kailas in Himalayas

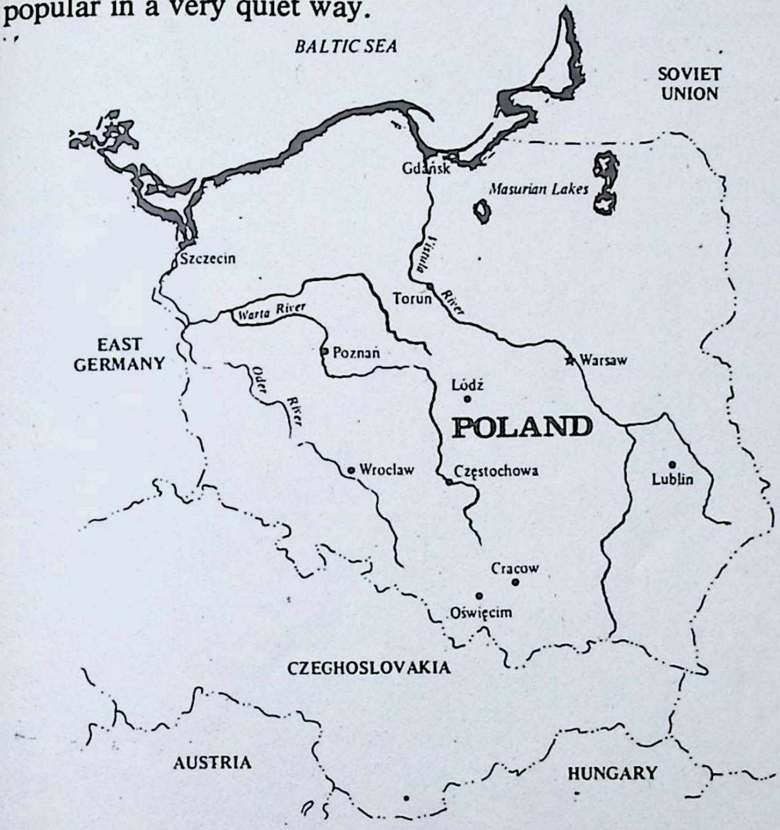

USA
USA
randallstown, md
madison, va
INDIA
India:
Kailas
(Himalayas)
Shivapuri
cochiguas, chile
(andes
mountains)
CHILE

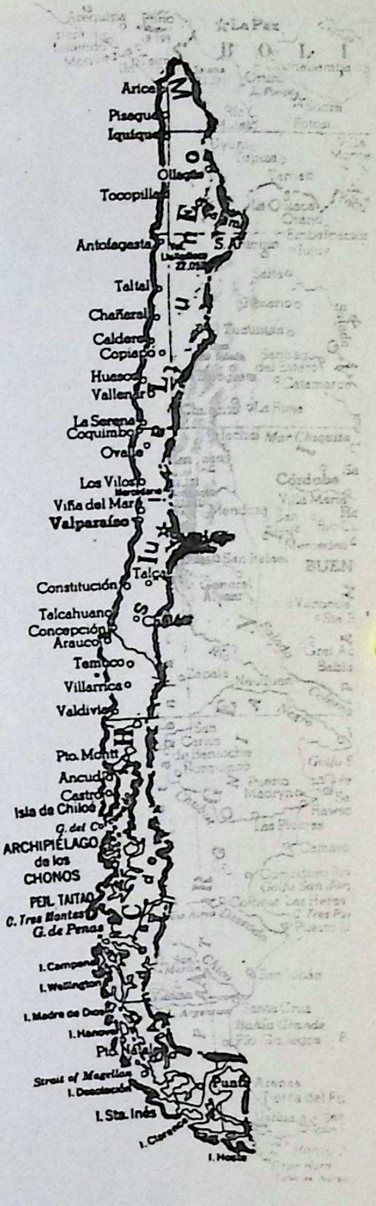
Five special places

Chile and *Poland* will be two examples for the world to see the benefits of *Yajnya* and especially how *Agnihotra* benefits mankind. (*Agnihotra* is a copper pyramid fire which is the basic *Yajnya,* tuned to the biorhythm of sunrise/sunset.)

Chile is the holy place now. Such miracles are taking place there. *Agnihotra* ash mixed with special water will be particularly healing in Chile.

Agnihotra is about to become very popular in a very quiet way.


BALTIC SEA
SOVIET UNION
Gdańsk
Masurian Lakes
Szczecin
Vistula River
Torun
Warta River
EAST GERMANY
Poznań
Warsaw
Oder River
Lódź
POLAND
Wroclaw
Częstochowa
Lublin
Cracow
Oświęcim
CZEGHOSLOVAKIA
AUSTRIA
HUNGARY


Arica
Pisagua
Iquique
Ollagüe
Tocopilla
Antofagasta
Taltal
Chañaral
Caldera
Copiapó
Huasco
Vallenar
La Serena
Coquimbo
Ovalle
Los Vilos
Viña del Mar
Valparaíso
Constitución
Talca
Talcahuano
Concepción
Arauco
Temuco
Villarrica
Valdivia
Pto. Montt
Ancud
Castro
Isla de Chiloé
G. del Co
ARCHIPIÉLAGO de los CHONOS
PEN. TAITAO
C. Tres Montes
G. de Penas
I. Campana
I. Wellington
I. Madre de Dios
I. Hanover
Pto. Natales
Strait of Magellan
I. Desolación
I. Sta. Inés
I. Clarence
I. Hoste
La Paz
BOLIVIA
Córdoba
BUEN

With only a little experimentation it could be shown that the effects of *Yajnya* on atmosphere have profound significance in field of botany and other sciences having to do with plants and their growth. Specific results could come later on but we can see how this effect can be done on whole forests, trees. Then further purification of atmosphere can be so advanced in experiments done in various parts of the world.

Agnihotra ash has beneficial effect on all growing things including human beings who suffer from various ailments from sore throat to minor forms of cancer. Actually we think that coupled with performance of Agnihotra fire daily, this can be a possible cure for even serious diseases particularly mental disturbances, but we do not claim anything which we have not experienced. So far these diseases have been affected by use of Agnihotra ash medicines and *Homa* healing fire in some countries. Well, this lends itself to further study.

US SATSANG Vol. 14 No.20,21,22,23,
MAR 5 & 19 APR 2 & 16,1987

How to Perform Agnihotra

(a) Agnihotra fire is prepared in a small copper pyramid of fixed size and shape. According to ancient traditions copper has healing properties.

(b) Agnihotra is performed exactly at sunrise and sunset. You can obtain the timings from a local almanac or a nearby weather station. In the ancient science of YAJNYA it is stated that at the coordinate of the planet where the sun appears to rise, a flood of energy comes from the sun which consists of electricities and subtle energies. This flood effect lasts for a short time span. At sunset the flood recedes.

(c) For Agnihotra you need *ghee,* i.e. clarified butter from cow's milk. You take pure, unsalted, unadulterated butter and heat it over low heat. The milk solids will rise to the top. Remove them with a spoon and also pass the liquid through a strainer, i.e. cheesecloth or paper towels. This is *ghee*. It will last a long time without refrigeration.

(d) Agnihotra fire is to be prepared with dry cow dung cakes. Here the word cow means male or female progeny of a cow. Take fresh cow dung from a cowshed and make small patties and let them dry in the sun.

In all ancient civilizations of Europe, North and South America, Middle East, Asia, Africa and Australia cow dung was acknowledged as a medicinal substance. In books written on folk medicine in European languages just at the beginning of this century you will find many references to cow dung as medicine.

(e) A few unbroken grains fo raw rice, preferably less polished rice, is the other essential ingredient of Agnihotra.

Place a flat piece of dry cow dung at the bottom inside the copper pyramid. Arrange other pieces of dung around on all sides in a way that air can pass through freely. Apply a little clarified butter *(ghee)* to a small piece of cow dung and light it with a matchstick and insert it in the dung arranged in the pyramid. No mineral or other oil is to be used to start the fire.

Light the fire a few minutes before sunrise or sunset so that the fire is fully ablaze exactly at sunrise and sunset.

In your left palm or in a copper dish take a few grains of rice and put a few drops of clarified butter on them.

Exactly at sunrise and sunset utter the first Agnihotra Mantra and add the first portion of rice into the fire. Then utter the second Mantra and add the remaining rice into the fire. Grains of rice, as little as you can hold in your fingertips, constitute one portion.

Try to sit in the atmosphere of Agnihotra fire as long as you can. It is peaceful and healing.

US SATSANG Vol.14 No.20,21,22,23,
MAR 5 & 19 APR 2 & 16,1987

Fill All the Spheres With Love

Vasant

Unless we fill the spheres with love nothing else can be done. AGNIHOTRA is the greatest material aid to do this and to bring nourishment to plant and animal kingdom simultaneously. AGNIHOTRA HOMA is the basic YAJNYA.

We are concentrating now on this work. AGNIHOTRA goes easily throughout the planet. The age of complacency is coming to a violent end.

AGNIHOTRA is the flame of love. Now we must quickly move East to West, North to South.

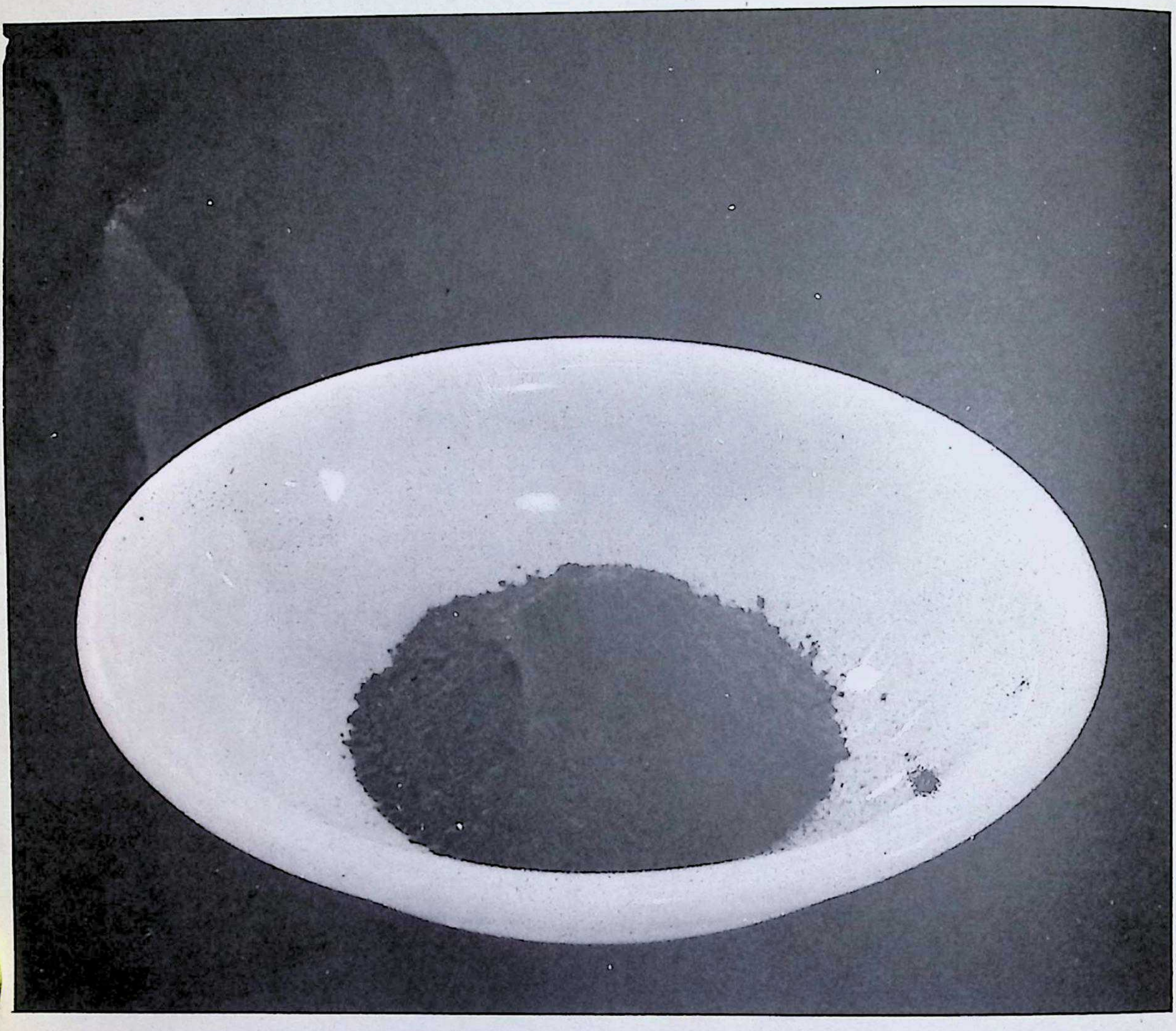
Homes where YAJNYA is dcne are protected. They are shielded as though they become spiritual fortresses.

Time is coming
Time has come
Time has gone

Time has come when all people should do Agnihotra for themselves.

We are beginning a new era, Paradise on earth.

US SATSANG Vol.14 No.24 MAY-7,1987



Agnihotra Ash Heals

Thelma Buitano
Quilpue, Chile

I had an experience with one of the trees in my garden that was sick. Advice from the experts was that I had to cut this prune tree down because it was seriously damaged. It had a wound similar to that of a human's wound where the sap came out as if it were blood.

First I put the ash of Tryambakam Homa around it and Agnihotra ash very close to the trunk. Afterwards I put Agnihotra ash mixed with ghee in the wound and I rubbed it and bandaged it. The next spring the tree gave lots of flowers and beautiful fruit. That was last year. This year the same tree gave me very beautiful and very tasty fruit, but in less quantity. This is normal because the trees give abundantly one year and not so much the next. Now I'm going to treat a peach tree that needs it too.

People around here know me as the lady that cures everything with some strange cream and that strange cream is Agnihotra ash with ghee. I treat everything in humans and animals. It is amazing. If I burn myself in the kitchen, I apply this cream immediately and I get no scar, no pain.

This dog was in a big fight. He was a street dog and he came here with his ears hanging off. He had lost a lot of blood and he was very, very weak. He entered my house through the garden and he went in my own dog's house. My dog allowed it. Then I put ash and ghee in my hand and put my hand inside the dog house so the dog could eat it. Dogs love ash and ghee. I have to be very careful with the Fire Temple because if I leave the door open my dog goes and eats the ghee. The next day, I put some ghee and ash on the wound. On the third day he came out of the dog house and he wagged his tail a little, but he was still very weak and fell down. The fourth day he came out again, and I treated him three times a day. The fifth day he went for a walk in the garden and the sixth day he went out to the street and came with me when I went shopping. Now he is very strong. Every time he feels sick, like the cat that is there, he goes to the door of the Fire Temple for ash and ghee. My cat takes it from my finger. She comes very respectfully and waits there. The dog has no scars at all on his ears.

I also had an accident in which I injured myself. I fell on pavement and injured my face, with serious wounds on my forehead, mouth and jaw. It was very bloody, and people who saw me wanted to take me to the Red Cross. I told them I had my own remedy. I went home and applied water and salt. I could not wait for boiling water. After that I applied large amounts of ghee and ash. I have no scars from this accident at all. If I had gone to the hospital they would have given me stitches which would have left scars.

US SATSANG Vol.14 No.24 MAY-7,1987

Eco-Update

We have just received our February, 1987 issue of *Acres, U.S.A., A Voice for Eco-Agriculture,* and quote the following from the section entitled *Eco-Update:*

UFFI & Radon Problems

"Homes containing urea-formaldehyde foam insulation, the cancer linked material commonly referred to as UFFI, continued to enter the real estate market at about the same pace in 1986 as in 1983, according to the most recent survey of appraisers by *Runzheimer Reports on Relocation,* the industry newsletter.

"Both the 1983 and 1986 Runzheimer surveys asked if appraisers had valued homes containing UFFI. In the 1983 survey, 19% of the responding appraisers had encountered homes containing UFFI. In comparison, the 1986 survey results shows a significantly higher percentage, 33% of appraisers who have appraised homes with this insulation material.

"In a related controversy, radon gas has become a major concern in the housing market. Radon is an odorless, radioactive gas that naturally occurs throughout the earth's soil. Continued exposure to radon released in quantity through the foundation of a house increases the risk of lung cancer to residents.

"Since 1983, 18 states have reported damaging concentrations of radon gas in houses, and yet most states have yet to test for radon contamination, according to the Runzheimer editors."

(We want to note here that previous writings by Vasant Paranjpe indicate that regular and consistent practice of Homa will assist in negating the conditions described above. Tests of soil samples taken from the Randallstown farm by Mark Moeller of *Farm in Balance* validate these writings.)

Michigan's Acid Lakes

"Acid rain is acidifying Michigan lakes, according to *Journal of Water Pollution Federation.* A full 19% of lakes sampled by the Environmental Protection Agency and the University of Iowa in the eastern five counties of the Upper Peninsula are acidic. This percentage of acidic lakes far exceeds the percentage of acidic lakes in the Adirondacks. The percentage of acidic lakes for the entire Upper Peninsula is 9.7%, a figure second only to the Adirondacks.

"According to the researchers, field data and analysis suggest that these lakes have been acidified by acid deposition rather than by other causes. A two-fold increase in presupposing acidity (from approximately pH 4.4 to 4.1) would cause an additional 15% of the lakes in the eastern Upper Peninsula to become acidic, or about 98 lakes out of 650 in a five county area.

"Acidified lakes lose their ability to support normal biota, fish or plants. While the EPA-University of Iowa study did not involve analysis of the impacts of the lakes' acidity on fish and other plants and animals, the pH levels are such that significant biotic damage can be expected. For example, Lake McNearny, a lake west of the Sault Sainte Marie, was studied closely by researchers, and has a pH of 4.4. All fish are dead at about that pH level. There are indeed no fish in Lake McNearney. The Upper Peninsula has 29,788 acres of moderately to highly endangered lakes. These lakes are sensitive to long-term acidification at current levels of deposition."

[Some research has already been done on the purifying effects of Agnihotra ash on water and results reported in *Satsang.* However, much needs to be done to determine effects of Homa and Homa ash on the above described conditions. All investigators and researchers are encouraged to participate.]

Fluoridated Water

"More than half the people drinking fluoridated water are receiving the wrong dosage. 'Since the inception of fluoridation over 40 years ago, the public has been lulled into a false sense of security by believing fluoridation is a dosage controlled fail safe method to reduce tooth decay. Forty years later, the Center for Disease Control (CDC) admits there are problems.' So states Sophie Cohen, of the New York City Safe Water Committee. These documented cases of accidental poisonings are due to mechanical, electrical or human error, e.g., Marin County, California; Annapolis, Maryland; Locust, North Carolina; Los Lunas, New Mexico; Rome, Pennsylvania; Jonesboro, Maine; Postdam, Plattsburg, and Saratoga Springs, New York; Pendleton, Oregon; etc.

"People experienced nausea, vomiting, abdominal pains, rapid heartbeat, or other symptoms. At least one person died and others were hospitalized. Cohen makes the charge:

'Proponents of fluoridation go to great pains to withhold these spills and accidents from the public. A glaring example of this is the overfeed (at over 2,000 ppm!) that occured in Harbor Springs, Michigan, where the U.S. Public Health Services marked its report:

> SUBJECT: Fluoride Poisoning in Michigan
> 'FOR ADMINISTRATIVE USE'
> 'LIMITED DISTRIBUTION'
> 'NOT FOR PUBLICATION'

"A 1986 Summary of Fluoridation Overfeeds, issued by CDC's Fluoridation Engineer, acknowledges that:

'When a community is fluoridating its drinking water, a potential always exists for an overfeed.'

"This summary lists fluoridated areas where still other mishaps occured, including places in California, Minnesota, Washington, Kentucky, Vermont, New Haven, Connecticut, etc. Numerous other incidents are known to have occurred but do not appear on the CDC list of accidents. Reporting is voluntary on the part of the states, and many do not cooperate. Conspicuously missing from the CDC listing of accidents is Grand Rapids, Michigan. Known as one of the very first fluoridated areas in our country, since 1945, this same city of Grand Rapids in 1984 had a problem for months with excess fluoride in the water caused by faulty equipment.

"Dr. Albert Schatz, co-discoverer of streptomycin, has been warning for years: 'Artificial fluoridation of drinking water may well dwarf the thalidomide tragedy.'

"Our professionals, legislators, and the media should come to grips with the problem of fluoride toxicity and its corrosive, cumulative, and enzyme inhibiting effects, which occur even at low levels. People are being harmed and the public needs to know the truth,' emphasizes Paul Beeber, President & General Counsel of the New York State Coalition Opposed to Fluoridation."

There appears to be much cover up of what is happening and what has happened to our planet on all levels. However, the Truth will become known as each day passes and the circumstances worsen.

Chernobyl

"The nuclear disaster at Chernobyl emitted as much long term radiation into the world's air, topsoil and water as all the nuclear tests and bombs ever exploded, according to a new study of the April 26, 1986 Soviet accident. The report was covered by the New York Times and other national media.

"The study, by the Lawrence Livermore National Laboratory in California, says the Soviet reactor may even have emitted 50% more radioactive cesium, the primary long term component in fallout than have the total of all atmosphere tests and bombs. Cesium does not decay into harmless substances for more than one hundred years and has been associated with health effects such as cancer and genetic disease.

"More than eight tons of highly radioactive material was emitted from the accident, and some of it was deposited hundreds of miles away, according to another study by an international team of experts, presented in Vienna to the International Atomic Energy Agency.

"That study said that the initial steam explosion from the plant blew off its 1,000 ton steel cover plate and ripped off the tops of all 1,661 channels, attached to the cover plate and containing nuclear fuel. Those channels became like 1,600 howitzers pointed at the sky."

(It has been revealed by *Satsang* that there would come a time that one would have to walk miles to find the next living person as a result of this and other accidents to come. Oh what have we done and what are we doing to our beautiful Mother Earth!)

Effect of Agricultural Chemicals

"Severe respiratory problems can result, from handling of pesticides, fertilizers, and other agricultural chemicals. People who both smoke and work with these chemicals are at an even greater risk of developing lung diseases.

"Pesticides, herbicides and fungicides can cause serious health problems.

"Some pesticides used today are related to the chemicals originally used as nerve gases during World War II. Pesticides and herbicides enter the body through breathing, swallowing or skin and eye absorption. Breathing or skin absorption can be followed by wheezing, coughing muscle aches, increased saliva production, stomach cramps and diarrhea. The gradual accumulation of these poisons in the body can affect body systems including the lungs and the respiratory system. In severe cases, paralysis and death may result. Fungicides, carbon tetrachloride being the most widely used, are often applied in closed spaces, potentially resulting in unconsciousness of the worker.

"The best protection is refusal to use these disgraces to a civilized society."

[HOMA FARMING (OUR LAST CHANCE), *the latest book by* SATSANG *editor Vasant, was written in response to some scientists from Europe who had come to the frightening conclusion that after Chernobyl there was no hope for plants, animals or man to survive on this planet. This book gives step by step methods how to grow large crops in a small area by* HOMA *Therapy methods as given in the ancient Vedic science of Agriculture wherein you bring about a change on the subatomic level by means of Pyramid fire. No fertilizers or pesticides are needed and one can grow abundant crops. This method has been practiced by hundreds of farmers in different continents.A school to teach* HOMA *farming is located near Los Andes, Chile at the Ashram St. Francis de Assis.*]

[HOMA FARMING *by Vasant, Publishers Agnihotra Press, P.O. Box 710, Randallstown, MD 21133 USA. Price $4.00 U.S. inclusive of posting charges. If you order 10 copies or more price deduct 40%.*]

US SATSANG Vol.14 No.24 MAY-7,1987

Letters To Satsang

Seasons Flipflop

For many years *Satsang* has been stating that the cycles of nature were out of balance. Today this is more evident than any time before.

In the southern part of the United States things go from one extreme to another. Some southern states experienced a tremendous drought during the summer of 1986. It was so devastating that some states were declared a disaster area. Hay had to be imported from other states to feed livestock.

The rain began in September 1986 immediately following this drought period. The rain was consistent for 5 to 6 months so the area again was declared a disaster—too much rain.

Recently honey farmers in the states of Florida, Georgia and Alabama to name a few, have declared that because of imbalances in nature's cycle bees worked harder during the drought period and continued to be active in mild winter. They are literally dropping dead of exhaustion. One farmer stated that if he could save 100 out of nearly 450 hives he would be fortunate.

Peaches, the fourth largest crop in Alabama, just suffered a damaging blow. An unusual cold spell settled in the latter part of March and the first part of April in the major county of Alabama. This county produces 90% of Alabama's crops. 90% was destroyed.

The message of Agnihotra Yajnya, the healing fire, is the need of the hour to help reset the energy cycle of the planet in harmony. HOMA THERAPY farming, if practiced on mass scale would affect the weather beneficially, bring pure rain instead of acid rain, give abundant nourishing crops and improve the soil.

Charles Davis
Tuskegee, Alabama

Sit in Front of the Fire

I refer to AGNIHOTRA copper pyramid fire tuned to the biorhythm of sunrise/sunset. It's easy and it's cheap. Especially if you live in Wyoming because there are plenty of cows. Butter comes real cheap. So you will have a plentiful supply of butter to make ghee from, as that is one of the ingredients of Agnihotra. The copper pyramid comes from a really nice mail order house. But you know that, you have been sitting in front of the fire for many years. This sitting sets your mind at ease and purifies the body and air you breathe. All at the same time. Peace and love will come.

Abigail Dick
Laramie, Wyoming

US SATSANG Vol.14 No.24 MAY-7,1987

The Many Faces of Healing

Michael Endacott

(Following is a reprint of handout material sent by a Satsang reader.)

(Michael Endacott is the Deputy Director of the Institute for Complementary Medicine. He spoke at the World Service Forum in London in 1985.)

I'm speaking about complementary medicine; the many faces of healing. Why complementary medicine, what does the word complementary mean? The dictionary definition is 'to complement', 'to make whole'. In our view there is a suitable therapy for every person who is sick. It may not be the same therapy at every time, there may be a combination. It may, of course, be conventional drug therapy for some time; it may be the hospital emergency services with their resuscitation units; it may be a whole variety of means. But what we are concerned about is to try to help the public to understand that there are other ways of achieving health simply than relying on drugs or conventional medicine.

Let us think in terms of what the physical body is. It's a collection of cells, cells which are changing rapidly every second of your life. The fertilised egg in the womb breaks in half and half again, and multiplies, until the physical body becomes a collection of some 60 million million cells. Every second, of every hour, of every day of our lives five million cells die, and five million more cells are reborn. We are in a continual state of change. Now the miracle of this cell reproduction is that each reproduction maintains the symmetry of the physical body it is associated with. So long as that happens we are healthy. When those cells start to be reproduced wrongly then we get into all sorts of disturbances.

Let's look at the cell. Each cell, has an energy field about it. Now, from the scientist's view the cell comes first and the energy around it comes second, consequentially the physical body of Endacott is 60 million million cells surrounded by an energy field. The ancients will tell you that when communication between that energy field and the physical cell is upset then disharmony arises. Before I ask you to accept that, I have to try to explain the relationship between the energy and the cell.

It is thought that the energy of the human body relates to the cellular structure through terminals in the physical body. These line up with the Yoga philosophy of Chakra points. They are transitional points where energy comes into the physical structure and when those physical energy points are working properly the whole of the physical body is nourished correctly and cell reproduction takes place normally, happily and correctly.

When that free flow of energy is in any way interrupted the cells are wrongly formed, they are wrongly programmed, they do not fulfil their function and diseases such as cancer can result. Now, for the normal healthy person there is a problem: the mind of the individual can get between the two. When the mind fits between the two the flow of energy is often interrupted and that can be one of the major causes of deep-seated problems. Hence thought is of fundamental importance — positive thinking. The medical people amongst you will know that positive thinking and negative thinking have a very definite effect on the hypothalamus and the whole of the endocrine glandular system. This is scientific fact. If you relate that to what I have just told you,

you will see, I hope, how the two systems are starting to integrate, side by side: the flow of this rather esoteric energy and the flow of the endocrine system which keeps the whole body in absolute balance. Philosophers throughout the ages have thought about this energy field and they have visualised the healing that is associated with the energy. Indeed, we can go right back to people like Pythagoras or Hippocrates who had their own words for this energy. They described it in great detail as a major healing force. Paracelsus, in the fifteenth century, called it "aquas, a healing water" which he could visualise flowing between himself and the patient, when the patient needed help.

Throughout history we have seen people describing healing energy, describing how people get sick and how to get people to understand how to keep themselves well. Much of that was concerned with mind control, mind training, prayer and living life according to certain rules and regulations. If you care to look at all the religious philosophies you will see that not only are they a recipe for a reasoned way of living and an approach to an after-life, they are also a very poignant way to finding health, on this day, this moment, this very minute.

Mind control and counselling are major areas in complementary medicine. There are lots of therapies I could tell you about — we could be here for the rest of the week — but they are all basically concerned with helping the person to understand what has gone wrong with their lifestyle. They are helping people to understand why they are thinking wrongly, how they can change their thought patterns, how they can change their diets, how they can change their inter-personal relationships, how they can cope with their work problems.

The healers of today are people who can listen to the individual problem. The ability of the healer to transmit the healing energy, depends largely on the moral education, the intellectual education and the feeling of truth, love and compassion for humanity of the healer concerned. The true healer will make a contact with the patient at a much higher level of consciousness and help the patient to come to terms with the problem, to be educated out of the condition. Now this takes time, very often a very long time, and many healers seem to suggest that healing is the answer to everything. Well, in the final analysis it possibly is, but we have to keep patients alive in the meantime and therefore we have to use everything at our disposal in order to keep them alive. Therefore all healers who recognise this fact work very closely with nursing services, the medical profession and other practitioners. It is very much a question of complementing each other's work.

We are basically and vitally concerned with this bridging understanding. Our institute is there to help the public understand how the therapies work and to help the medical profession understand how they work. Once this understanding comes about and there is a perfectly natural and open communication, then creative work can be done.

(Courtesy: Institute of Complementary Medicine, 21 Portland Place, London W1N 3AF, England.)

US SATSANG Vol.14 No.24 MAY-7,1987

Towards A Positive Future

Continued from
page No.40 of BHARTIYA SATSANG Feb-March 1987 Vol. VII No. 9 & 10

In order to become that way, one would have to practice quite frequently and for a long time. TAPA might be the most difficult discipline hereto. With DAAN and KARMA it could well happen that today we never have the chance of doing good since … we are not allowed to donate to unworthy people. Most of our fellow men are so well off that we have no opportunity of doing a good deed. However, there is another discipline for the Fivefold Path.

TOWARDS A POSITIVE FUTURE
Author : KLAUS WUNDERLICH
Title of the German edition : "Die groBe Wende"
Translation : by Heidi REINHOLD,FIL,Singen/Htwl.

This is the primary discipline, and at the moment the most important one: AGNIHOTRA. If we want to do good, we should practice AGNIHOTRA. We will thus help all mankind. AGNIHOTRA means purification of the atmosphere. This applies to matter and mind. AGNIHOTRA does not only purify our air, but also increases, quite considerably, the vibrations of our mental atmosphere. AGNIHOTRA is the small fire of special ingredients, which is ignited daily at sunrise and sunset. It is the will of the Son of Man (Christ) that all the people on earth practice AGNIHOTRA. Therefore, we should not think too long about it, but simply do it. AGNIHOTRA is the smallest form of a Yajnya*). This, too, is a small fire with certain ingredients. At the time of Krishna (approx. 3000 B.C.), Yadnyas were generally known. The people of the time lit them if something in the atmosphere had gone wrong. This knowledge was lost in later years, however. Yadnyas are rather time-consuming; they take hours, days and sometimes even weeks. As has been mentioned earlier, however, there is a smaller version of it which everybody can do at home, with a little bit of practice. Each AGNIHOTRA will take about 5 minutes, and has an immense effect. It is essential, however, to do it exactly at sunrise and sunset. We require a small pyramid-shaped pot made of copper, some firewood, clarified butter (pure butterfat also named "ghee"), dried cow dung and raw rice. In addition to this, we have to learn a two-line Mantra, which will have to be sung at exactly the time of sunrise or sunset. (In order to achieve the desired effect, firewood is not really necessary. Dried cow dung, however, is very difficult to ignite without wood and it smokes rather a lot. It is advisable, therefore, to use wood as well.)

*) *pronounced "Yudnya" as in "young"*

How to practice AGNIHOTRA then? At first we take a few small pieces of firewood and put a bit of ghee on them. The same happens with the cow dung. To begin with, we stack the firewood bits crosswise to allow the air to circulate, and the fire to develop properly. We then put the cow dung with ghee on it, on top of the wood. We place the Agnihotra Pot in such a way that its wide sides face the four directions (refer to illustration on page 84). At approx. 2 minutes before sunrise and sunset respectively, we ignite the fire. At the exact time of sunrise and sunset, we sing a special Mantra (refer to page 85 and place the rice in the fire. Previously, ghee should have been put on the rice too. We leave the fire burning until it goes out on its own account.

At the beginning of this chapter, I have already mentioned that most readers will believe this to be rather 'odd'. The longer we contemplate all this, the less absurd this all seems to us. Let us look at the Agnihotra Pot first. It is the shape of a small pyramid turned upside down. It has been known for quite some time that the pyramid shape acts like a convex lens or a parabolic reflector, regarding cosmic energies. (Several pharoahs who were high-standing in their time, were able to contact intelligentsia as on other planets, with the help of their pyramids.) Even in the Middle Ages, cow dung was known as an excellent disinfectant. — By means of the fire in the pyramid, a cosmic energy circuit with our sun is now created. The level of vibration of the said energy is extremely high, so that we can neither see nor 'measure' them with methods known today. The ingredients (cow dung, ghee, rice) have a positively harmonizing effect on our environment and our mind. By means of singing the Mantra, these positive vibrations are intensified still further, and directed towards the direction desired. AGNIHOTRA must be practised at the exact time of sunrise or sunset, since at this very moment, definite processes — as yet unknown to science — take place in the atmosphere, which favour the energy circuit. If we contemplate these factors, AGNIHOTRA should not seem all that irrelevant any more.

Let me give you some more details regarding the execution of AGNIHOTRA. The Agnihotra Pot should be placed on a fire-resistant base because it will get quite hot. You could use a brick or a metal plate, which gives off heat easily. It does not matter, principally speaking, which type of firewood you use. The only exception is wood of thorny trees or ones carrying bitter fruit, however; these should not be used. We cut or saw the firewood into small logs of approx. 4 to 5 inches. The amount and size of the firewood, which we place into the Agnihotra Pot, should be determined by experience. The burning time depends on the type of wood used, and it should last for about 4 to 5 minutes. It does not matter, however, if it burns longer than that. The size of the piece of cow dung does not present any problem either, but it should not be smaller than a 10 p piece, and it should not be bigger than the Agnihotra Pot. We could also place several small pieces on top, but it is important to spread ghee on all the ingredients beforehand. You can purchase butterfat ready-made in your country. If you can't obtain ghee, you have to produce it yourself. All we need is pure unsalted butter made from cow's milk. Place the butter on an oven to simmer, bringing it to slow boil. Discard the white substance which forms on top. Pass the remainder through a cloth. This works best if you place the cloth over a large sieve. The substance passing through will be pure ghee, which we can use for AGNIHOTRA. This fat keeps fresh for quite some time. Raw rice is also easily obtainable. We can buy it in all the health-food shops. It is best to let some heated ghee drip over the rice. If you want to practise AGNIHOTRA daily, it would seem advisable to keep a small amount of greased logs and cow dung in store in a small container for several days use. This is simpler than having to start to grease every time before AGNIHOTRA. The same applies to the rice, which we can also grease in advance, and store in small bowls.

When practising AGNIHOTRA, we put a little of the rice into the fire with our right hand, whenever the word "Swáhá" comes up during the singing of the Mantra. Afterwards, we should remain still and wait until the fire has burnt down. It is even better to meditate. The most favourable time is during an AGNIHOTRA. We can also sing the seven verses published in the Appendix (please refer to page 84).

In order to practise AGNIHOTRA correctly, we need to know the exact times of sunrise and sunset. Usually the times recorded in our calendars or diaries do not suffice, since the times vary by several minutes, even in our own country. But we could find out these times by asking a weather station where we can usually get them without payment, or for a small fee. Because of the aforementioned time lag even in our own country, we should ask advice at a local weather station not too far away from our place of residence. There is no need to mention really, that we also need a precision watch or clock for the exact practising of AGNIHOTRA. — The fire should not be ignited by means of a lighter. Petrol — and even the smallest amount of it — is an "ingredient" which has nothing to do in AGNIHOTRA. It is best to light a thin kindling chip with a match and to place that chip into the pot. There are extra-large matches which you can buy at the tobacconist's, with which it is really easy to light the fire.

For town people the biggest problem of them all, is probably how to obtain cow dung. Even this can be managed with a bit of common sense. Almost everybody owns a car today, and drives out into the countryside occasionally. It would be quite simple then, to plan an outing to collect cow dung. There are quite a lot of rural areas, where there are a lot of cows. It appears to be best, to start collecting cow dung after a short period of nice weather. Then we can discover some specimens which have already got a dry surface. Such specimens are easily transported home in a plastic carrier bag. To get them off the ground can be a bit of a problem sometimes. We could make good use of small shovel, but a brick trowel is best. Of course, you could also collect "freshly produced software". Then buckets, which can be firmly closed, or other air-sealed containers would be more suitable. One hours work collecting dung, would easily render as much dung as we would need for one year of AGNIHOTRA. — At home, the cow dung would have to be dried. The specimens which have already dried on the surface could simply be left to dry with their lower side up, on the balcony, in the storage room, or on the terrace. Of course fresh cow dung will need a bit longer to dry. It would be advisable to spread it on some old baking sheet tins or aluminium foil. Here, too, the brick trowel would come in handy. Should you decide to use your hands, it is best to wear a pair of rubber gloves. As and when the cow dung has dried, there is almost no smell left at all. You can then store it for months on end in bags, sacks, or boxes.

Almost all the people who get to know AGNIHOTRA are frustrated at first. Comments range from "utter nonsense" to "gone completely round the bend". It is unwise to give hasty comment, however, if you do not understand a matter. At least we know that a 'Christ' recommends this to us. God does not have to ask for anything. If humans do not want to accept his advice, it is up to them. God leaves us to our own free will. — If all the households in the world would practise AGNIHOTRA, vibrations in the atmosphere could be increased in such a way that a Third World War could ever begin! However, more likely than not, most people will refuse AGNIHOTRA, and then a nuclear war can no longer be prevented. The earth being radio-actively contaminated, human, animal or plant life can only exist where larger Yajnyas are being practised round the clock. Yajnyas are our chance of survival! AGNIHOTRA is the smallest possible Yajnya — it only lasts for a couple of minutes. Why do we hesitate? Even if its functioning does not make sense to us, we might as well try it! Let us test it, and let us daily practise AGNIHOTRA for one full month! There has never been anyone, who did not feel the positive effects of it.

AGNIHOTRA speeds up our mental improvement. By this and by purifying the atmosphere, we are helping the environment, at the same time cleansing our soul. The one works hand in hand with the other. All the disciplines of the Fivefold Path have one thing in common: you help others and, according to cosmic law, you do yourself a favour. — After the time of catastrophes, there will be a higher vibration level here on earth. People, who did not adjust to the vibration of their cells and their consciousness — in other words, who did not improve themselves — will not be able to stand such high vibrations. They will have to perish (Metaphorically speaking, you have the comparison of a 110 Volt light bulb being connected to 220 Volts.) You do not have to fear anything if you practise AGNIHOTRA regularly. The effects of AGNIHOTRA are very slow and subtle adjustment of body and consciousness to future conditions. We also achieve a mental progress, for which normally hundreds or thousands of incarnations would have been necessary. Now, shortly before the time of the "Day of Judgement", all humans alive are offered the immense chance of taking a huge step forward in evolution. If you do not take this chance, it is your own fault. (The next "opportunity" in this respect would only appear to arise in approximately 26,000 years.) — The adjustment just mentioned could principally be reached just the same by practising DAAN, TAPA, KARMA, and SWADHHYAYA. But this would take rather longer ... and there is no time to lose! AGNIHOTRA is the big "accelerator". For our mental development, it would really suffice to practise nothing but AGNIHOTRA, and to forget all about the other disciplines. Expressed in symbols, AGNIHOTRA contains all the other disciplines: DAAN — we put rice into fire — we donate some of our possessions; TAPA — we are disciplined, get up before sunrise and light our fire punctually, i.e. shortly before 4 o'clock in summer; KARMA — we do something favourable for the environment by purifying the atmosphere; and SWADHYAYA — we sit still during the time of fire. — AGNIHOTRA as has been mentioned earlier, is the most important discipline. The little inconveniences should not be taken into account, because the positive effects achieved will be rewarded by the cosmos a hundred times over!

Many a positive effect regarding our environment is achieved by way of AGNIHOTRA, which cannot be clearly recognized at the moment. Firstly the air is disinfected by AGNIHOTRA. Pollutants are mostly destroyed, and positive substances are added instead. Furthermore, AGNIHOTRA purifies the mental atmosphere, and increases the vibrations. This means that with every AGNIHOTRA we send "LOVE" into the atmosphere, and since this is always rewarded we, too, are getting a good portion of it back. Slowly our awareness would thus reach higher spheres.

But the main effect has not yet been mentioned: during the AGNIHOTRA procedure, a "life-promoting" radiation develops in the pot. Scientists of today do not as yet seem to recognize this phenomenon. Up till now, we only know of radiation which kills, such as gamma rays or radio-active radiation. This is the other way round with AGNIHOTRA.

All living organisms react "positively" towards AGNIHOTRA radiation. We can easily test it ourselves if we own pot plants. They will really shoot up. For us, too, AGNIHOTRA is a sort-of "energy injection". By means of the energy circuit, which results in our Agnihotra Pot, cosmic life energy is somehow supplied "free of charge", and if we meditate during AGNIHOTRA, we can fill up our energy reservoir. After a time, we will no longer do without AGNIHOTRA. By the way, the radiation will keep for quite some time in the ashes. The ashes thus possess a healing effect, and can be used for medical purposes. Crushed and sieved it will become a powder, which has proven indispensable with open wounds if you simply put some on. The wound will heal faster. If you mix this powder with some ghee, you will obtain an ointment which can be applied to help relieve all sorts of aches and ailments. One can really use AGNIHOTRA ashes for all types of diseases. There is no need to wonder because of this all-round healing effect, because it is the radiation of the ashes which heals, and it also serves its purpose for fertilizing. In contrast to all the other fertilizers in use today, Agnihotra ashes do not take nutritive substances out of the soil but return fresh cosmic energy of life to the same. It is enough to mix a little bit of ash into the soil. The examples mentioned are but a few from a wide application range.

AGNIHOTRA does not give off an unpleasant odour. On the contrary, it emits a strange, but rather pleasant smell. You can practise AGNIHOTRA in your apartment, on the balcony, or in the open air — the effects are always the same. (The cosmic energy penetrates through walls.) If we practise it in a closed room, then there will of course be a bit of smoke. But this smoke does not sting at all. If you can, please keep a special room for AGNIHOTRA, and if you use this room for nothing but AGNIHOTRA and meditation, with no other worldly word spoken but Mantras, an especially high mental atmosphere will build up there.

If we reconsider all the positive features of AGNIHOTRA, there should really be no turning back from it. It must be pointed out once again that AGNIHOTRA is the most important discipline at the moment. Since the atmosphere on earth is completely contaminated now, we need an antidote. This is it! Christ presents us with it. Let us follow his advice!

As far back as we can think, there has never been such an easily intelligible instruction on how to speed up our development as the Fivefold Path. If we follow these instructions, we can save many a dreary life, and we shall reach higher spheres where we shall lead a much better life, at a very fast rate. — Let us start with SWADHYAYA — contemplate yourself and the cosmic laws. Learn to meditate. Then we shall soon reach the conclusion that it is well worthwhile, and practise other disciplines, such as DAAN, TAPA, and KARMA as well. To crown it all, we have got AGNIHOTRA. It is our universal remedy at the moment. When we practise AGNIHOTRA, the Son of Man (Christ) in person watches over our mental progress. All negative influences are thus screened off.

Everything You Like To Know

If we try to improve ourselves, this is our very own personal affair. We can pass our knowledge onto other people, but if they are not interested, we should leave them alone. Each individual is responsible for himself. We can indeed help other people, but we cannot improve their mental development for them. This is their own concern. So let us improve ourselves. This is what we live for.

Our existence on earth means 'serving'. The shopkeeper serves his customer by offering a range of goods to him. The customer serves the shopkeeper by purchasing these goods. Woman serves Man by creating a cosy atmosphere at home. Man serves Woman by protecting her and looking after her financial well-being … etc. Everyone therefore serves the other! Who serves who, when someone walks through life using his fists only, thinking of nothing but his own power and success? If we render someone a service, which has a positive influence on this person, then we render this service to God thus approaching God, too. If we support the stupidity or the crimes of other people, this negative power will also affect us. Whoever we serve, we shall become nearer to. Everybody can do as he pleases. So let us consider the term 'serve' a little bit more.

In order to achieve mental progress, you must also lead a clean life regarding sex. This does not imply, however, that we ought to suppress our libido. We have got it from God, or nature as it were, so it is something entirely "natural". Why should we try to suppress it then? It is hardly possible for a normal being to control his sexual drive fully. Thesel forces are too strong. The Church is acting against nature, if some higher dignitary is not allowed to marry because a human being will not become "cleaner" if he has to live an abstinent life. On the contrary, physical damage might occur. A sexually debauched life is even worse. By way of the many relations with other partners you will form karmic bonds, which might hinder you in your mental progress in several subsequent lives. Too much mental energy is wasted through excessive sexual activity. It would be better to use it for higher purposes. The happy medium would be matrimony. It is the will of our Creator, that man and wife should enter into sexual relationship with one another. Therefore let us view matrimony as sacred.

Man and Woman are two different forms of life which act magnetically towards each other, the male principle of life incorporating activity and vigour, the female inactivity and dedicated devotion. A happy marriage should always have one half complementing the other one. A very manly man would thus need a very feminine woman — this is the only solution to a harmonious relationship. In the event of the woman being emancipated or having adopted too many male characteristics as her own, such a relationship in matrimony cannot result. Twice "active" — two like poles repel! "Woman be subordinate to Man" is what the Bible tells us, and it therefore holds true. This sentence should not be interpreted too harshly though. The word of the Bible only says that Man should be stronger than Woman. A wife must be able to look up to a husband. He plays the leading part in matrimony, and she is his fellow ... and "complement". The more she complements him, the more he will love her. In order to be able to complement each other, both partners in matrimomy should be at roughly the same stage of development. When looking for a partner, this usually works fully automatically. Intuitively, you feel drawn towards the right partner. In the event of having created a bond in a past life, karmic forces could, however, see to it, that you would again have that partner, who does not complement you at all. This is how unhappy marriages can result.

With man and wife, there are different poles of life energy. It is nature's way to see to it that both poles come into contact with each other. A climax of such an intercourse would be the coitus. In matrimony, this is therefore something holy and not at all "unclean". During sexual activities, an exchange of energy takes place, due to the different poling of the sexes, which has its positive effects on both partners. This fine-matter energy flow takes place even during the exchange of tender loving although not quite so noticeable. (With homosexuals such an energy exchange creates psychic changes due to the unnatural poling. In the course of time men become feminine!) Thoughts play a very important part during intercourse, too, especially if this should lead to procreation. If we feel tender love for our partner, our thoughts remain in a higher sphere, and thus only a high human can incarnate in us. Should we play perverse sexual games, however, or even be drunk, our base thoughts would allow such a base human entry to our lives. Our thoughts during coitus are thus of eminent importance! It is up to us to decide, whether the child which will later grow up in our very house, will be a high or a low human being.

This is the moment where another tremendous error regarding "inheritance" should be dealt with. Many parents believe that their child has inherited a talent or streak of character from them. There is no such thing. Only bodily characteristics such as colour of the skin can be passed on. Characteristics and talents are brought back from its last life by the child itself. Karmic reasons (and the thoughts of the parents during coitus, too) are responsible for the parents having just this child and no other (or this child having these particular parents respectively). Since the same vibrations of thoughts and/or similar karmic structures attract each other, it is only logical that there are various talents and characteristics of parents and child conforming to each other. With reincarnation, every human stays the same being as in his former life. He will only receive a new matter form.

The memory of previous lives, however, has been wiped out. This is a wise decision of nature, so that nobody feels burdened. — If for example a father tells his son, "You are my son", this really does not hold true. During coitus, this father merely met all the prerequisites for a soul to reincarnate and a new material body being able to grow. This father thus did not 'produce', 'build' or 'put life into' someone, this was nature's doing. Therefore a child does not "belong" to either of its parents because we all belong to God. The parents have in practice "borrowed" their child from the cosmos. However, in most cases, this child will not be a totally strange being to them. Almost always, there has been a relationship in a former life. The child of today would have been a friend, or perhaps a relative of father or mother.

At the time of reincarnation, it is also possible that the sex changes. Normally, an active and resolute man usually returns to earth as a male person and an inactive and devoted person will become a woman again. It may happen from time to time though, that the cosmos has given us a task in life, with which we can only deal if we temporarily assume the role of another sex.

Let this be enough regarding sex life and reincarnation. Let us look at another daily aspect, and consider our nourishment. There is not much to be said about this really. Basically speaking, we should be vegetarian, and refrain from alcohol and cigarettes in order to progress in our mental development. My readers should not be shocked however. There is a citation from the Bible by Jesus (in this instance a correct translation of the wording) saying, "All that passes into the mouth does not contaminate man." This means in other words: We should not worry too much about our diets. Let us rather be careful about our deeds and thoughts — this is more important. Nevertheless, I should like to explain something to do with "nourishment" here: in the foregoing chapter, it was explained to us that we should love all beings alive and should see God in them. If we would like to eat meat, however, animals have to be killed. How can we reconcile the one with the other? Cosmically speaking, we would be responsible for the death of an animal if we want to eat its meat. The negative karma, which comes upon us is not all that big, but it will add up to quite an amount over one's lifetime. If we would eat fish instead, karma would not be all that high since a fish has got a lower development stage compared to the mammal. When eating eggs, we have hardly any karma at all. Nevertheless a small portion of karma will remain even then, because, a part of an unborn life will be destroyed when eating a fertilized egg. The "cleanest" nourishment for us humans therefore, will be of purely vegetarian content. This means all those products which nature supplies to us (fruit, vegatables, products of grain etc.) or such products, which we receive from animals without killing them, as there is milk and dairy products etc. The human digestive system is very adaptable indeed. It can digest animal as well as plant life.

Nutrition does not include "food" alone but "drink" as well. All commercial drinks available today render almost no karma onto us at all, since almost all of them consist of natural substances from plant life. However, quite a lot of these are poisoned! Our mental exercises aim at purifying our minds and refining our senses. If we let poison, such as alcohol, enter our bodies then this would have a paralyzing effect, because it affects our brain. This is just the opposite of what we want to achieve. He who aims at mental progress should consume as little alcohol as possible. Other "poisonous" drinks such as coffee, tea or Cola etc. do not have such an adverse effect on our mental development as alcohol. If you notice your heart beating afterwards, you should consume a little less though.

By and large — I have already mentioned this earlier on — we should not think too profoundly about our food though. We eat the food we like. It is thus unnecessary to change our eating habits all of a sudden. If we are eagerly following all the disciplines of the Fivefold Path, however, we will soon notice that our appetite changes. Not only do these mental exercises purify our consciousness, but they also increase our body vibration. Thus automatically, our appetites call for purer nourishment eventually. We only need to eat according to our appetites. Please, stay away from alcohol at the beginning at all costs. Later on, when our mental progress has been strengthened, a bottle of beer or the occasional glass of wine can do no harm, but more likely than not, we will not even feel like it then.

The occasional fasting is quite a good thing really, it purifies our body. But don't overdo it though. It will be enough if we use the occasional day for not eating anything between sunrise and sunset. Beverages, however, even sweetened ones, are permitted.

I would like to say something about smoking here. I can't be as tolerant as with the subject of nutrition, however. Nicotine is such a bad poison. Its effects are very negative on the vibration of our body cells and, furthermore, it leads to addiction. Smoking does not have any advantages whatever. It does not "pacify", but it will dull our senses. If we smoke in public, we suffer from bad karma, since all the other people around us will have to take in this damaging smoke, whether they like it or not. Smoking has so many disadvantages in every respect, we should therefore get out of this habit as soon as possible. This will not be all that easy with chain smokers. Their puffing away for years on end, has created such a negative mental force, that it tries constantly to induce them to take up smoking again. In practice, it would work like this: A chain smoker has come to the laudable decision to give up this vice. Thanks to his strong willpower, he has stopped smoking for several months already. Then he is suddenly faced with a situation, where he loses his nerve … and at this very moment someone offers him a cigarette "to calm him down". If he takes it — and in most cases he does — the negative force has managed to break his willpower. After several days he will smoke again just as before. What can we do to get rid of smoking, however? The answer is simple: We have to improve our ego so that we reach a higher sphere. There we are shielded against all the negative forces to such an extent that we are able to maintain our countenance.

As a non-smoker, we should not be afraid of telling other people not to smoke in our own rooms. Nicotine smoke is poisonous! It will have a strongly negative effect on the frequency ratio in our rooms. We have got the right to forbid smoking in our own rooms then. On this occasion I should like to mention that smoke coming from a fumigating candle or joss stick can positively influence the room vibration. Very positive indeed would be the AGNIHOTRA smoke.

Speaking of rooms, let us have a closer look at our living quarters ... Could it be that there are paintings or other objects which have "negative radiation"? Most people will be unaware of the meaning of such a question, therefore the following will give an explanation of the fact which is almost unknown as yet: We know that every human being has got a strength of personality, viz. he radiates strength. This strength depends on the type of personality (and even on the state of health we are in) as well as on the height of vibration of our state of development. A high human being thus radiates a high mental vibration and an undeveloped or "evil" human being a relative low one. This should be simple logic. However, all the pictures depicting human beings would emit radiation, the vibration of a picture being indentical with the vibration of the original. This, in other words, means that the same vibration is radiated by each picture as by the person himself.*) (The same of course applies to statues or busts, as well as to pictures of animals and other objects.) Because by now we know that everything of similar kind attracts each other in the cosmos, we can understand the question previously raised. Pictures having a negative radiation will attract just the same negatives. If for example, there is a modern-art painting hanging on our wall depicting "chaos", it can well be that chaotic conditions soon prevail in our household. In former times most people were wiser, in this respect. They preferably hung pictures of saints on their walls, or paintings which presented some cheerfulnes. Today "sad" motifs are preferred. Do as you please with your own walls, but knowing more about the attraction of vibrations of this kind, we should really remove pictures and objects which depict something evil. Let us replace them with some light-hearted motif or some high personality. By the way, the same applies to objects with a symbolic meaning. If we place the symbol of a cradle somewhere in our apartment, such an object will bless us with children. Should someone be as tasteless as to use a small gallows or a guillotine for decoration, he would be asking for death.

An extremely positive radiation or high vibration is emitted by an equilateral cross (as is depicted on the cover page of this booklet.) It symbolizes life and happiness. The cross consists of a horizontal and a vertical arm. The vertical one symbolized God (mind) at the upper, and the Devil (matter) at the lower end. The horizontal arm depicts earth and the human being living right between mind and matter. Such a cross expresses man's harmony between God and nature. Today, you will usually find a cross which is not equilateral, with the arm pointing towards matter being longer than the other. Such a cross radiates negatively! It symbolizes suffering and death since it means victory of bad over good. Such a cross of suffering has been used to crucify Jesus. If you hang up such a crucifix in your room, you identify yourself with the negative powers because you express that you advocate the killing of Jesus. So here, too, the Church being unaware of the real interpretation, has taught us incorrectly. The crucifix will bring suffering to your home. We really should throw it away as quickly as possible. Put a picture of a living Jesus up on the wall instead. Now look at those households where you find a crucifix on the wall! People living there hardly ever radiate cheerfulness. Most of the time, these people suffer from all types of ailments: mother has got an aoedema in her leg, baby has a rash and father suffers from a furuncle. It is not at all God's will that we suffer, quite the contrary. Everybody should enjoy life. So let us decorate our homes with objects and pictures which radiate high mental vibrations.

A lot of people, who for the first time hear of "life in harmony with God" are reacting rather sceptically. Maybe this is the case because they put the Church and God on an equal footing. They think to make mental progress would mean to lose one's sense of humour and spend one's day with downcast eyes, murmuring prayers all the while. This is just the tragedy in our Church presenting such a wrong picture of God. A divine being emanates a sense of the joy of life, which is sky high. A positive aura, which is exuded by him, will sweep the others along with him! He has got that certain something, which means that no one will mind him. There will be quite a lot of laughter if there are mentally receptive people about. A pastor, on the other hand, who walks around in dignity and dead-earnest, talking unctuously all the time, has not got any divine streak at all. Cosmically speaking he is just a joke. A God-conscious human being will believe in an unrestrained joy of life and will also radiate it. All the instructions of this booklet aim at avoiding future mistakes by knowing cosmic laws and to become as happy as possible. Only our own faults will bring us suffering. God is the one to bring us love and happiness.

Most dignitaries of the Church preaching God's word have taken their knowledge from books. In that way they do not differ from the Pharisees and scribes of the olden days. At that time, these "high dignitaries" also meant to preach God's word. They were convinced that they were right, but had wrong interpretations, so that the Truth Jesus preached, seemed "blasphemous" to them. That is why they killed Him. At present, the same still holds true: those who know the Divine Truth, and tell people of these laws, will meet with hostility everywhere. About 2,000 years ago, stupidity managed to conquer Truth … the cross of suffering has been a symbol ever since. However, this victory was just an apparent one. Now the Day of Judgement is going to take place, and this time Truth will be victorious!

The Day of Judgement will be a terrible time of suffering to all mankind. The devastation will be terrible. If our earth is radio-actively contaminated, then the only chance of survival lies in carrying out Yajnyas. No longer will life be able to exist in this poisoned atmosphere. Not only humans and animals, but plants will die too. Yajnyas are the salvation!

In the following, I would like to explain how to do a Yajnya. Basically, it does not differ a lot from AGNIHOTRA. The fire is lit in the same small pyramid-shaped pot. The ingredients are cow dung and ghee only, however. At the beginning, it might be useful to have a little bit of wood until the cow dung burns on its own. The difference to AGNIHOTRA is that now a Mantra is sung without interruption (in this instance it would be "OM TRYAMBAKAM" (refer to page 86) and that the liquid ghee is added at regular intervals by means of a small spoon. A Yajnya does not depend on sunrise and sunset but can be held at any time of the day or night.

If you are already practising conscientiously the Fivefold Path, and would like to do more good for your environment, you should hold additional Yajnyas. (Such a Yajnya, however, is not a substitute for the daily AGNIHOTRA!) Yajnyas should last as long as possible. If several people take part in it, it does not present any difficulties to make a Yanjya last for several hours, if you take turns with it. — If you want to do it especially well, you may start your Yajnya with the Mantra VYAHRUTI "BHUUH Swáhá" (refer to page 87) and finish it like this too. The word "Swáhá appears for times in this Mantra. You would therefore also add the ghee four times. — Let me give you a few practical hints as regards a Yajnya: Before starting, we heat up some ghee in a small pan until it is liquid. We place several layers of our small fire logs into the Agnihotra Pot and put the dried cow dung on top. (This time in contrast to AGNIHOTRA, the wood and dung must not be greased beforehand.) Having lit the fire, we continue singing the Mantra "OM TRYAMBAKAM" adding a few drops of ghee, by way of a little spoon, whenever the word "Swáhá" is sung. In order to keep the ghee liquid, it is advisable to place the pan next to the Agnihotra Pot. You may also place it on a special food warmer. In contrast to the AGNIHOTRA, a Yajnya burns with a relatively small flame and hardly any smoke. The pieces of cow dung burn completely, leaving only light-grey ashes. As soon as the cow dung has burnt to ashes, replenish with a new piece of dung. Yajnya ashes also possess a healing effect, but this is not quite as strong as that of the Agnihotra ashes. They can be used to good advantage as a fertilizer, however. A Yajnya, by the way will have its effects for a radius of approximately 2 miles, just as the AGNIHOTRA does.

The singing of a Mantra also improves our mental progress. All Mantras derive from the

---

*) *We are talking of 'vibration' here. The 'strength' of the vibration of the picture as compared to its original is infinitely small.*

Sanskrit and have considerable higher vibrations compared with prayers. They must be spoken or sung at precisely the correct rhythm, however. Mantras are repeated time and again. You could sing them for hours, for example when driving a car, while cooking, or during any other types of activities. They set our consciousness at a higher vibration and also combat headaches and other ailments. You can find Mantras on Pages 83 to 88.

Yoga exercise, too, are a valuable aid with the Fivefold Path. They strengthen and harmonize our bodies. I would like to refrain from commenting on the Hatha Yoga. There is enough literature in the market today.

Yoga also includes breathing exercises. I should like to explain one of them now. It is the so-called "alternate or reciprocal breathing". This exercise encourages a fine-matter energy exchange in our bodies and therefore has a highly positive effect. It is especially recommended shortly before going to bed and before meditation. To do it, is very easy. You close your right nostril by putting the thumb of your right hand across it, and breathing deeply in through the left nostril. When we have breathed in, we press the left nostril with another finger in order to shut it — the middle one would be appropriate, then freeing the right nostril in order to breath out. After that, we breathe in through the right nostril, then press tightly on the right nostril and free the left nostril in order to breathe out. And so on alternately. All this you do for about 3 to 5 minutes. It is important to note that after breathing in, both nostrils are closed for a short time. You should therefore not open the other nostril too early. The breathing-in and breathing-out phases should also be equally long. — When carrying out this exercise, we will sometimes note that the right nostril is larger than the left one and sometimes it is the other way round. This asymmetry of the nostrils is the same with all human beings. In order to be of sound body and mind, it is necessary that both nostrils are open at the time of sunrise and sunset. A lot of people do not meet this requirement. AGNIHOTRA is the means of putting this right.

If we are improving our "self" all the time, we will notice that we will develop a nobler expression in the course of time. Our mental energy forms the atoms of our bodies so that our face becomes the mirror of our consciousness. If we do not change our character, we will look just the same in our next life. Some books maintain that man will resume life at random as man or as animal or as plant, after death. However, this is not completely true. There is evolution everywhere in the whole of the universe. Every substance alive is progressing in order to improve itself. An incarnation at random, as plant or animal, is therefore excluded. (The only case possible could happen if we had a huge amount of ultra-bad karma. The negative energies could be so strong then, that we are flung back into plant or animal life under certain circumstances. However this is hardly ever the case.)

Should somebody be living in a lower sphere of consciousness, there could be two reasons for this. Either this human is but at the beginning of his development, or he has been on a higher stage of development and has suffered bad karma some other time. In both cases, the level of consciousness would be the same, however. The higher developed, had been "wiser" previously but thanks to his karma he now has the same "awareness" as the under-developed. This means that our consciousness grows as we develop. In other words, the ability to perceive cosmic connections, will be larger with a higher-developed person. Expressed in scientific terms this would read: The field of knowledge of a human being is in proportion to his degree of consciousness. This cosmic law does not only apply to each individual or to a nation, but also to a whole planet. This is the reason why no great harm will be done to our universe. We, here on earth, are not in the least aware of all those secrets nature holds in store. There are energies which are not detrimental to our environment, of which we are, as yet, unaware. They are there, however, right in front of our eyes, waiting to be discovered. Unfortunately, we cannot discover them, since our field of knowledge is much too low and cannot be expanded due to our aggressive behaviour. These higher energies are, for the time being, out of reach for us. We are too "undeveloped" as yet. The damage we could do to the universe would be beyond our imagination! — Only if and when mankind has become peaceful, will these new technologies be available to us. These higher energies will later allow us to fly into the universe. However, space is only open to peace-loving beings. Those who live aggressive existences will have to remain on their planet, where they will be forced to live. Extra-terrestrial beings have observed our earth for quite some time already. These beings are well in advance of our development and therefore only have peaceful intentions. Because they are aware of the way we would receive them, they do not feel like landing on the earth just now. However, when they do contact us, they will be our friends and helpers.

The Big Turn Of Events

Everyone knows, that matters here on earth cannot go on as they are at the moment. Energy supplies are almost at an end and the air is contaminated. If nothing happens, it will not be all that long before our planet becomes uninhabitable. However, the "Big Turn Of Events" will take place in the Mind of Man. Many will be able to raise their consciousness in the course of the next few years, to new dimensions as yet unthought of. Our planet will change into a paradise — as beautiful as our wildest dreams are able to imagine. Man will learn to live together in complete harmony and happiness. In order to allow this condition to arise, many things on earth will have to be 'changed', however. New cosmic energies will only be received in a large enough quantity, as and when our earth's axis has been brought into a different position. Due to various reasons — I shall rather not describe them here in detail — geological displacements of the crust of the earth are urgently required. This means that some countries would have to sink back into the oceans and others would rise up from the sea. This gigantic plan has been decided in the cosmos long ago and will now be carried out. Our earth will execute a gigantic leap in evolution. In this new era, there will be no room for negative thoughts, such as there are today.

All these changes could really take place, without profound complications for the population on the earth, if only all people would turn their consciousness towards God and would diligently practise the disciplines of the Fivefold Path. In such a case, the adjustment of our body cells to the new higher frequency would automatically be effected. We would, furhermore, have set free such an amount of energy in the mental sphere that the outbreak of a nuclear war would be impossible right from the start. In such a case, all the changes taking place on our earth would happen without any harm. All humans would be able, by means of their more sensitive consciousness, to follow the safety instructions which are passed to them from "above". However, it is more than likely that most humans of today will not feel like deviating from their negative path of thought … and probably there is no way past bigger catastrophes, not even the outbreak of the Third World War. Everything will happen as so many prophets have envisaged beforehand. The extent of the catastrophes will be such that they will be beyond all human imagination. All those people, who have stubbornly stuck to their negative behaviour, will, more likely than not, do exactly the wrong thing, because their consciousness is immune to all higher knowledge, which might be of help. If there is someone, who manages to survive despite all this, he will later on be overcome by a sort of insanity, because he cannot endure the higher vibrations. Every individual has got his own free will and can therefore decide for himself, whether he wants to join the evolution leap into the new era or not. All those people, who shut themselves off against the Divine Truth and believe they can go on as before, will have the opportunity of witnessing the Kingdom of Heaven here on earth in times to come. Since the vibration here on earth will then be too high for them, they will be taken to another planet in the solar system. They will incarnate again and will have to spend their next lives there, for the time being. On this planet, there are similar vibrations to the ones that exist on earth today. Those few inhabitants, who live there at the present time, have already been informed that they will get "an increase in numbers" from the earth, in the near future. They will do their best in the next couple of centuries, to advance the former humans from earth, as regards their mental abilities, so that everyone will have the chance to further his development. Even here, we can learn that God lets no one down. He showers everyone of us with the same never-ending unrequited love and takes good care that everyone lives in the correct sphere of life, where he can develop according to his very own individual level.

Should chaotic conditions prevail on earth in the immediate future, then everyone should understand that we must reap what we have sown. These catastrophes are karmic effects from all the wrong thinking in the course of the last millenia. By means of God's grace, man will, even now find a way of eliminating these effects almost totally … this is the Fivefold Path. However, in all probability, only the very few will keep to this discipline. Most of us, will snigger at it, or will call it "insanity". These people determine their own downfall themselves!

This time of catastrophes, has been called "the Day of Judgement", by the prophets. It was said that God will judge mankind. Fundamentally speaking, this really does not hold true. Each human being will judge himself. The word "judge" may not be the correct word, either. Maybe it would be better to say: every individual decides his fate for himself. He, who has done mostly good deeds in the past, has got — thanks to his positive karma — an open mind regarding divine matters. During the times of catastrophe, he will most certainly turn to the Truth and will then be allowed to go on living in the new era on earth. Bringing along a bad karma originating in all those other previous lives, however, he will not be able to grasp the Divine Truth because his consciousness is restricted. In the subsequent times, such a human will be drawn towards the negative power and will then — unfortunately — have to disappear from our earth. Later on he will, as has already been stated, be on a different planet, where he will slowly learn how to become a better human being.

We must all learn how to love our neighbours as ourselves. This principle will be most important during times of catastrophes. If we render love to all our fellowmen, even to those who are opposing us as our enemies, we will create a mental shield of protection which no negative power can penetrate. Our "enemy" will then have only two possibilities — he will either become our friend or will panic and flee. However, those who hate their fellowmen or are in fear of them, will destroy themselves. The consciousness is pointed to a lower type frequency and will thus be "open" to the negative power (please refer to "transmitter … receiver" on page 25).

For thousands of years already, extra-terrestrial beings have observed our earth. These strange intelligentia are able to read our thoughts by telepathy and therefore know how we are, at the moment. They have wanted to help us for quite some time already and have tried to let us have telepathic messages, too. These messages, however, only arrive occasionally since they are "transmitted" on a high frequency, which human beings on earth, due to their bad karma, can neither recognize nor receive. These extra-terrestrial beings, naturally know precisely there might be a nuclear war on earth. Should this really be the case, they would have the power to prevent the worst effects, so that our planet will not be destroyed completely. Nevertheless, there is — especially in the northern hemisphere — the danger of radio-active contamination. There will also be a remedy for this: Our friends from the universe will land with an immense number of spaceships and will take those humans along with them, who want to go. Many of us will be afraid of these "flying saucers", because they cannot imagine — due to their wrong beliefs over the past years — that there is someone to help us. These humans have only themselves to blame, if they have to die on earth. No one will be forced to go along by our friends from the universe. There is no time to be lost, however, for all those who wish to go with them. These spaceships can only wait for a few minutes.

For people on earth, it will look as if the spaceships, which have landed are unmanned. This is not the case, however. Our friends from the universe will, of course, be present, but we cannot perceive them, because they live on a higher vibration sphere. Our friends could adjust their vibrations to such an extent, however, that they would be visible to us. While the spaceships are landing on earth, this is impossible, due to technical reasons. The humans, who get into the spaceships and who let themselves be taken care of by our extra-terrestrial helpers, will be looked after by them, until there is no longer a radio-active danger for them here on earth. This could mean a few days, weeks or even months.

In a new era, the people on earth will continually be in contact with their extra-terrestrial friends and they will discover, to their astonishment, that all over the universe there is life, too. All the planets of our solar system are inhabited by human beings. Life there, however, is almost exclusively on a different frequency level, so that we cannot normally realize it. More highly developed beings from other planets, however, are in a position to adjust their frequency. They could thus — if they feel like it — make themselves "visible" here on earth. On the other hand, we, too, will learn the ability to detach our astral or mental body, temporarily, from our physical body, in order to undertake journeys with this fine-matter body, to other planets. We will then be able to recognize that there are plants and animals, too, and that, to the inhabitant of another vibration sphere, the world will appear just as real to him, as ours appears to us!

This may sound like a fairy tale out of the Arabian Nights to quite a few of my readers. Nevertheless all the facts speak for themselves! — The possibilities of the human mind are immense. Unfortunately, most people on earth have not as yet realized that they have, on account of their negative thinking, limited themselves to such an extent, that they cannot get out of this situation, at the moment. This limited consciousness — or so they believe — is 'completely normal'. This is not at all the case. Man is the image of God! If we want to, we could really become God-like. The whole of the universe is open to us, the prerequisite being, however, that we leave our negative behaviour far behind us and try to attain a state of "perfection". There are many paths to achieve this goal. The simplest and fastest is the Fivefold Path. There is no other means to eradicate this negativeness in us, more "radically" than with it. The new era, here on earth, may only be witnessed by humans who have turned, in their hearts, to God or to the Truth. The Day of Judgement has arrived. With love in your heart there is nothing to fear. Love is your protective shield, which no negative power can penetrate. The knowledge explained here, will be a matter of course, for the people of tomorrow. They will call the Kingdom of Heaven their own, here on earth, and they will be extremely happy!

Having studied these chapters, some of my readers will probably have come to the conclusion that something like a new "religion" has been propagated here. However, this is not the case. All these things explained here are not a new religion at all but the simple truth. — The various schools of thought which exist here on earth at this moment in time differ considerably from one another. If each religion claims something different, who is to be believed then? With contrasting opinions, there can really only one be "true"

In the "New Era" there will be no difference in the opinion regarding God. The humans of tomorrow will know the Truth and live accordingly. Since there is nothing but one Truth, there can be only one religion too. — If you want to serve God, you have only to practise "love thy neighbour". It does not matter whether you belong to a religious community or not. Deeds and words count! God loves all his Children. He does not differentiate between them. If somebody believes he belongs to the "chosen ones", because he is a member of a certain sect or religious community, he is wrong. It is presumptuous to think that way. God does not take into account, to which "club" we belong, but those will be chosen who have constantly shown love for their fellowmen, and who have been searching for the Truth. Should someone feel like practising the Fivefold Path, it is not at all a matter of belonging to a religion. The Fivefold Path is there for everyone of us, because this is,

"The Path to Light".

On April 5, 1982, the Son of Man (Christ) gave us another message. It was also directed to all men on earth. As you can learn, the time for the Turn of Events, for Turning Towards a Positive Future, has come closer and people who practise the Fivefold Path have nothing to fear. This is the Latest Message:

"OH TRAVELLERS OF THE KINGDOM
OF HEAVEN,
TRAVEL ON FIVEFOLD PATH,
THE PATH OF ALMIGHTY FATHER.
LIGHT, EVERYWHERE LIGHT!
SHOWERS, SHOWERS OF BLISS ALL
OVER.
NO FEAR, NO ANXIETY, NO DANGER
OF JUDGEMENT.
FREEDOM, EVER FREEDOM.
KINGDOM OF HEAVEN IS NEAR,
NEAR AT HAND.
GRACE OF ALMIGHTY BE WITH YOU
ALL!"

SAPTA SHLOKI — The Seven Verses

Yadā srushtam jagat sarvam
Tada lokapitamahah
Chaturveda samāyuktam
Shashwatam dharmamadishat

Kim satkarma kim adhyātmam
Yadi vijnyātum arhati
Sarva shastreshu grantheshu
Pramānam paramam shrutih

Aspashtam cha kadā spashtam
Tatwajnyāna wiwechanam
Anyatra labhyaté kintu
Prāmānam paramam shrutih

Arsha grantheshu sarveshu
Shruti prāmānya mewacha
Sarvatah sāramadadyat
Nijakalyan hetawé

Shushkawādaratāh kechin
Nanyadasteeti wādinah
Sarwe te wilayam yānti
Mithyā kalaha kārinah

Nāstikāh wedanindakāh
Pākhandāh wededooshakāh
Eté sarwé winashyanti
Mithyāchār prawartakāh

Yajnya Daan Tapah Karma
Swādhyāya nirato bhawet
Esha ewa hi shrutyuktah
Satya Dharma sanatanah

YAJNYA- MANTRAS

Bhuuh Swáhá Agnayé Idam Na Mama
Bhuwa Swáhá Wayawé Idam Na Mama
Swa Swáhá sooryaye Idam Na Mama
Bhuur Bhuwa Swa Swáhá Prajápatayé Idam
Na Mama

Normally the Mantra ends with 'OM' (box 2). But with a Yajnya, the Mantra is sung with the final word 'Swaha' (box 1) and a couple of ghee drops are added to the fire.

OM Tryambakam Yajamahé
Sugandhim Puschti Vardhanam
Urvaarukamiva Bandhanan
Mrityormuksheeya Maamritat — Swaha

It is best to begin and end each Yajnya with the Mantra Vyahruti. This Mantra will be used for special occasions such as birthday, wedding, solstice, lunation.

MANTRAS

OM Tryambakam Yajamahé
Sugandhim Puschti Vardhanam
Urvaarukamiva Bandhanan
Mrityormuksheeya Maamritat OM

OM Bhuur Bhuwah Swáhá
OM Tat Sawetur Warenyam
Bhargo Dewasya Demahi
Diyoyona Prajodeyata OM

OM Poornamadah Poornamidam
Poorna(a)t Poornamudachaté
Poornasya Poornama(a)da(a)ya
Poornamé Wawa Shishaté
OM Shanti Shanti Shantih

OM Asato Ma Sad Gamaya
OM Tamaso Ma Jyotir Gamaya
OM Mrityor Ma Amritam Gamaya
OM Shanti Shanti Shantih

OM Shatwari Shungah
Trayo Asya Padah
Dwé Shirshé Saptahastaso Asya
Tridha Baddhoh
Vrushabhoh Rorawiti
Mahoh Dewoh Martya(a)m A Wiweche

OM Prajapaté Gajanana OM
Satyam Sharnam Gachami
Stayam Dharmam Sharnam Gachami
Stayam Dharma Sangam Sharanam Gachami